

Rachael Ray every day™

TAKE A BITE OUTTA LIFE!®

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HEALTHY
DINNERS
STRAIGHT
FROM YOUR
PANTRY

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rockin' spots
with live music
& great food!

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RECIPES TO
WAKE UP YOUR
WEEKNIGHTS!

Pizza secrets from Rachael

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New topping combos
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IN EVERY BOTTLE

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March

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TRADE SECRET

"I'm not a huge fan of cabbage or green beer, but I do have a cool St. Patrick's Day food trick: I use a clover-shaped hole punch I got at a crafts store to make holiday-themed garnishes. Try four-leaf clovers made from mint leaves on cupcakes or cocktails, and basil cutouts on crostini or pizza."

Rachael Ray
every day

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CLASSIC SUGAR COOKIES

4 cups sifted all-purpose flour (sift flour before measuring)

2 tsp baking powder

1 tsp salt

1 1/2 sticks butter or margarine, softened

1 1/2 cups Domino®

Granulated Sugar

2 eggs

1 1/2 tsp vanilla extract

Preheat oven to 350°F. Sift together flour, baking powder and salt; set aside.

In a large bowl, beat the softened butter with the sugar until fluffy. Add eggs and vanilla, beat well. Stir in dry ingredients, a third at a time, until all is incorporated for a smooth, stiff dough.

Using waxed paper lightly dusted with confectioners' sugar, roll out a portion of the dough into a 1/4 inch thick rectangle. Press cookie cutter of desired shape into dough. Trim away excess dough. Gently lift cut-out cookies from waxed paper and place on greased cookie sheets. Repeat rolling and cutting until all dough is used.

Bake at 350°F for 10 minutes or until cookies are firm and light golden brown. Remove from cookie sheet and allow to cool completely before decorating. Follow Egg Decorating Kit Instructions.



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SMOKED SAUSAGE AND TORTELLINI SOUP

TOTAL TIME: 20 MINUTES MAKES: 6 SERVINGS

INGREDIENTS

- 1 TBSP. OLIVE OIL
- 1 MEDIUM ONION, CHOPPED
- 1 CLOVE GARLIC, MINCED
- 1 TBSP. TOMATO PASTE
- 1 PKG. HILLSHIRE FARM® SMOKED SAUSAGE, CUT INTO 1/4 INCH SLICES
- 1 28 OZ. CAN DICED TOMATOES
- 4 CUPS CHICKEN BROTH
- 1 TSP. SALT
- 1/4 TSP. PEPPER
- 9 OZ. FRESH CHEESE TORTELLINI
- 2 CUPS BABY SPINACH
- PARMESAN CHEESE (OPTIONAL)

PREPARATION

1. HEAT OIL IN A LARGE POT OVER MEDIUM HEAT. SAUTÉ ONION AND GARLIC IN OIL UNTIL SOFT, ABOUT 5 MINUTES. STIR IN THE TOMATO PASTE AND SMOKED SAUSAGE AND COOK FOR AN ADDITIONAL 3 TO 4 MINUTES.
2. ADD THE DICED TOMATOES, BROTH, TORTELLINI, SALT AND PEPPER AND BRING TO A BOIL. REDUCE HEAT; SIMMER GENTLY FOR 5 MINUTES. THEN STIR IN SPINACH AND COOK FOR AN ADDITIONAL 3 TO 4 MINUTES. SERVE WITH A SPRINKLE OF PARMESAN, IF DESIRED.



DISCOVER MORE DELICIOUS WEEKNIGHT MEALS
AT HILLSHIREFARM.COM/RECIPES



Rachael Ray everyday

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Easy Smoked Sausage Skillet

Serving Size: 4-6 Total Time: 20 minutes

Ingredients :

- 1 pkg. Hillshire Farm® smoked sausage, diagonally sliced thin
- 2 cloves garlic, crushed
- 1/4 cup olive oil
- 1 large red bell pepper, sliced thin
- 1 small yellow onion, sliced thin
- 1 pkg. frozen broccoli, thawed
- 1/2 cup chicken broth (or water)
- 1/2 cup tomato sauce
- 2 cups instant rice
- 1/2 cup shredded Mozzarella cheese

Instructions :

Heat olive oil and garlic in skillet, stir in smoked sausage slices and cook until browned. Add pepper, onion, broccoli, broth and tomato sauce and simmer for 10 minutes until the vegetables are tender and the liquid is absorbed. In the meantime, prepare rice according to package instructions. Stir rice into the skillet, sprinkle with cheese and serve.

Visit HillshireFarm.com/recipes for delicious recipes perfect for any night of the week.

MARCH 2016

recipe

BREAKFAST & BRUNCH



Quinoa & Berry Bowl



Fire-Roasted Corn Muffins



Greens, Eggs & Ham Biscuits

SAMMIES & BURGERS



Steak Sandwiches with Sweet Potato Fries



Bacon Queso Burgers



Turkey & Leek Burgers

SIDES, STARTERS & SNACKS



Sweet Potatoes with Scallion Butter



Everything Crackers with Veggie Cream Cheese



Pearl Onion Poppers

VEGETARIAN MAINS



Indian-Spiced Mini Shepherd's Pies



Creamed Spinach Baked Eggs



Barley & Brussels Sprouts Risotto

POULTRY



Chicken & Kale Pot Pie



Chicken Paprikash



Chicken & Black Bean Tostadas



Chicken & Butternut Bake



Fried Chicken Thighs & Cheesy Grits



Chicken & Vegetable Tagliatelle



Arroz con Pollo & Chorizo Burritos



White Chili Burritos



Roasted Black-Olive Chicken and Potatoes

MEAT



Herbed Steak with White Bean Puree



Lamb Chops with Rosemary Artichokes



Italian Slab Pie



Tex-Mex Skillet Pie



Ham & Leek Hand Pies



Beef & Fried Black Bean Fritos Burritos



Louisiana Meat Loaves and Mashed Potatoes



Pork Chops with Cherry-Balsamic Sauce



Lamb, Tomato & Chickpea Stew

Rachael Ray
everyday



**SHOP ONCE,
EAT ALL WEEK**

Monday

Black Bean Soup

Tuesday

Chicken Paprikash

Wednesday

Grilled Steak
Salad with Roasted
Vegetables

Thursday

Chicken & Black
Bean Tostadas

Friday

Shredded Steak
Sandwiches with
Sweet Potato Fries

Healthy weeknight MEAL KIT!

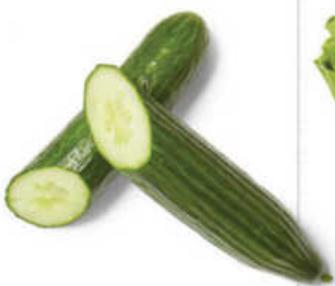
BY MARGE PERRY & DAVID BONOM
PHOTOGRAPHY BY PETER ARDITO

SHOPPING LIST

15 ingredients,
5 healthy meals



3 medium carrots



1 cucumber



1 large head romaine



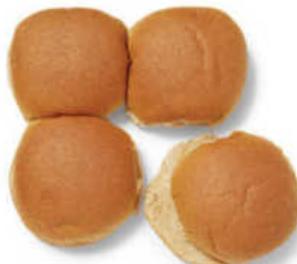
1 bunch parsley



2 large sweet
potatoes (2 lbs.)



1 package small
(6-inch) corn tortillas



1 package whole-wheat
hamburger buns



1 jar (15.5 oz.)
salsa



3 cans (15 to 15.5 oz.
each) black beans



3 cans (14.5 oz. each)
petite diced tomatoes



1 bag (12 oz.) whole-
wheat egg noodles



1 bag (8 oz.) shredded
reduced-fat
sharp cheddar



1 small container
(8 oz.) light sour
cream



2 lbs. flank steak*



3 lbs. boneless,
skinless
chicken breasts*

FROM YOUR PANTRY: Low-sodium chicken stock, olive oil, cooking spray, red wine vinegar, garlic, onions (yellow and red), chili powder, dried oregano, paprika, flour

*Freeze 1 lb. steak and 1½ lbs. chicken; thaw overnight in the fridge the day before cooking.

MONDAY

Black Bean Soup

SERVES 4 PREP 15 min

COOK 40 min

3 small (6-inch) corn tortillas, cut into thin strips
Cooking spray
4 tsp. olive oil
1 medium onion, chopped
1 medium carrot, finely chopped
3 cloves garlic, minced
1½ tsp. chili powder
1 tsp. dried oregano
1 can (14.5 oz.) petite diced tomatoes
2 cans (15 to 15.5 oz.) low-sodium black beans, rinsed
3 cups low-sodium chicken stock
4 tbsp. light sour cream

1. Preheat the oven to 425°. On a large, rimmed baking sheet, lightly spray the tortilla strips with cooking spray; arrange in a single layer. Bake until lightly browned and crispy, 6 to 8 minutes. Let cool.
2. In a large saucepan, heat the oil over medium. Add the onion, carrot and garlic; cook, stirring occasionally, until softened, 6 to 8 minutes. Stir in the chili powder and oregano; cook, stirring often, until aromatic, about 1 minute. Add the tomatoes; cook, stirring occasionally, until the liquid reduces slightly, about 5 minutes. Add the beans and stock,



The fiber in **black beans** can help lower “bad” (LDL) cholesterol levels.

bring to a boil, reduce the heat to medium and simmer, stirring often, until the soup thickens and the flavors meld, about 20 minutes. Season with salt and pepper.
3. Let cool 5 minutes, then puree one-third of the soup in a blender. Pour the pureed soup back into the saucepan; stir. Divide among bowls. Top with sour cream and tortilla strips.

334 CALORIES PER SERVING

7g FAT PER SERVING



TUESDAY

Chicken Paprikash

SERVES 4 PREP 15 min

COOK 35 min

1½ lbs. boneless, skinless chicken breasts, cut into 1-inch cubes

2 tsp. olive oil

2 medium onions, thinly sliced

4 cloves garlic, minced

2 tbsp. flour

2 tbsp. paprika

1 cup low-sodium chicken stock

1 can (14.5 oz.) petite diced tomatoes

⅓ cup light sour cream

6 oz. whole-wheat egg noodles

Flat-leaf parsley leaves, chopped, for garnish

1. In a medium bowl, toss the chicken with salt and pepper.

2. In a large nonstick skillet, heat the oil over medium. Add the onions; cook, stirring often, 3 to 4 minutes. Add the garlic; cook, stirring often, until soft, about 3 minutes. Add the flour and paprika; stir 1 minute to blend. Whisk in the stock; add the tomatoes. Reduce heat to medium-low; cover. Simmer, stirring often, until flavors meld, about 15 minutes.

3. Add the chicken; cook, stirring often, until the sauce thickens and the chicken is cooked through, 8 to 10 minutes. Let cool 5 minutes, then stir in the sour cream. Season.

4. While the chicken is cooking, bring a large pot of water to a boil. Salt the water, add the noodles and cook to al dente; drain. Divide among plates. Top with the paprikash and parsley.

459 CALORIES
PER SERVING

10g FAT PER
SERVING



WEDNESDAY

Grilled Steak Salad with Roasted Vegetables

SERVES 4 PREP 15 min

COOK 15 min

Cooking spray

- 1 large sweet potato (about 1 lb.), peeled and cut into $\frac{1}{2}$ -inch cubes
- 2 medium carrots, peeled and cut into $\frac{1}{2}$ -inch cubes
- 3 tbsp. olive oil
- 1 lb. flank steak, trimmed
- 2 tsp. chili powder
- 1 tbsp. red wine vinegar
- $\frac{3}{4}$ large head romaine, chopped
- 1 cucumber, halved lengthwise and sliced
- $\frac{1}{2}$ medium red onion, thinly sliced

1. Preheat the oven to 425°. Coat a large, rimmed baking sheet with cooking spray.
2. In a medium bowl, toss the sweet potatoes and carrots with 2 tsp. oil; season with salt and pepper. Arrange the vegetables in a single layer on the baking sheet. Roast, turning halfway through, until browned and tender, about 15 minutes.
3. Meanwhile, heat a grill pan or large, heavy skillet over medium-high. Rub the steak all over with the chili powder; season with salt.

Cook the steak until browned, 5 to 6 minutes per side for medium-rare. Transfer the steak to a cutting board and let rest 5 to 10 minutes.

4. In a large bowl, whisk the vinegar and the remaining 2 tbsp. plus 1 tsp. oil; season. Toss with the roasted vegetables, the romaine, cucumber and onion. Divide the salad among plates. Thinly slice the steak against the grain and arrange on top of the salad.

388 CALORIES PER SERVING

16g FAT PER SERVING



Add low-cal, low-fat flavor by bulking up your salad with **roasted veggies**, which have a sweet, concentrated taste.

THURSDAY

Chicken & Black Bean Tostadas

SERVES 4

PREP 15 min COOK 40 min

8 small (6-inch) corn tortillas
Cooking spray
1½ lbs. boneless, skinless chicken breasts
3 tsp. olive oil
½ tsp. chili powder
⅓ cup finely chopped red onion
2 cloves garlic, minced
1 can (15 to 15.5 oz.) low-sodium black beans, rinsed
2 cups thinly sliced romaine
3 tbsp. light sour cream
½ cup jarred salsa
3 tbsp. shredded reduced-fat sharp cheddar

1. Position racks in the top and bottom thirds of the oven; preheat to 425°. Coat both sides of each tortilla with cooking spray. Divide between two baking sheets. Bake, turning once and switching the pans from top to bottom, until golden, 9 to 10 minutes. Transfer to a cooling rack.

2. In a medium bowl, toss the chicken, 1 tsp. oil and ¼ tsp. chili powder; season with salt. Transfer to a baking sheet; roast until cooked through, about 20 minutes. Let rest 5 minutes. Shred the chicken.

3. Meanwhile, in a medium saucepan, heat the remaining

2 tsp. oil over medium-high. Add the onion, garlic and the remaining ¼ tsp. chili powder. Cook, stirring often, until the veggies begin to soften, 2 to 3 minutes. Add the beans; season with salt. Cook, stirring often, until warm, 1 to 2 minutes. Remove from the heat; coarsely mash with a fork.

4. Spread the tortillas with the beans, then top with the chicken and romaine. In a small bowl, whisk the sour cream with 2 tsp. water; drizzle over the tostadas. Top with salsa and cheese.

460 CALORIES PER SERVING

11g FAT PER SERVING

Forget frying:
Baked corn tortillas are crispy and crunchy—with a fraction of the fat.



FRIDAY

Shredded Steak Sandwiches with Sweet Potato Fries

SERVES 4 PREP 20 min

COOK 1 hr 5 min

2 cups low-sodium chicken stock
1 lb. flank steak, trimmed
6 cloves garlic—
3 smashed, 3 minced
5 tsp. olive oil
3 medium onions—
1 finely chopped,
2 sliced
1½ tsp. dried oregano
1 can (14.5 oz.) petite diced tomatoes
Cooking spray
1 large sweet potato (about 1 lb.), peeled and cut lengthwise into $\frac{1}{4}$ -inch-thick wedges
4 whole-wheat hamburger buns, toasted
¼ cup shredded reduced-fat sharp cheddar

1. In a medium nonstick skillet, bring the stock, steak and smashed garlic to a boil over medium-high. Reduce the heat to medium-low, then cover and simmer until the steak is tender, about 1 hour. Let rest in the stock 15 minutes. Transfer to a cutting board, reserving $\frac{1}{2}$ cup stock. Cut the steak across the grain into 4 pieces, then shred.

2. Preheat the oven to 450°. In a large skillet, heat 2 tsp. oil over medium-high. Add

Delicious **caramelized onions** are an all-natural, low-cal condiment.

the chopped onion; cook, stirring often, until starting to soften, 2 to 3 minutes. Add the minced garlic and oregano and cook, stirring often, until fragrant, about 3 minutes. Add the tomatoes; cook, stirring often, until thickened, 5 to 6 minutes. Add the steak and reserved stock. Cook, stirring often, until the liquid is almost evaporated, 8 to 9 minutes. Season with salt and pepper. Cover; keep warm.

3. Coat a large baking sheet with cooking spray. In a medium bowl, toss the sweet

potatoes with 1 tsp. oil; season with salt. Arrange in a single layer on the baking sheet. Bake 12 minutes, then turn and bake until tender, about 5 minutes more.

4. Meanwhile, heat the remaining 2 tsp. oil in a large nonstick skillet over medium. Add the sliced onions; season with salt. Cook, stirring often, until golden, 15 to 17 minutes.

5. Build sandwiches with the buns, steak mixture, onions and cheese. Serve with the sweet potato fries.



509 CALORIES PER SERVING

16g FAT PER SERVING

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LOVE EVERY **Minute**®

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Capricciosa Pizza

SOUPS & SALADS



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Pizza night with Rach!

Learn the secrets to great homemade pizza. 92

- One-Hour Dough
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- Pizza Sauce with Balsamic Vinegar
- Capricciosa Pizza
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- Hot Soppressata Pizza
- Pizza with Roasted Garlic, Potato, Sage, Fontina & Truffle

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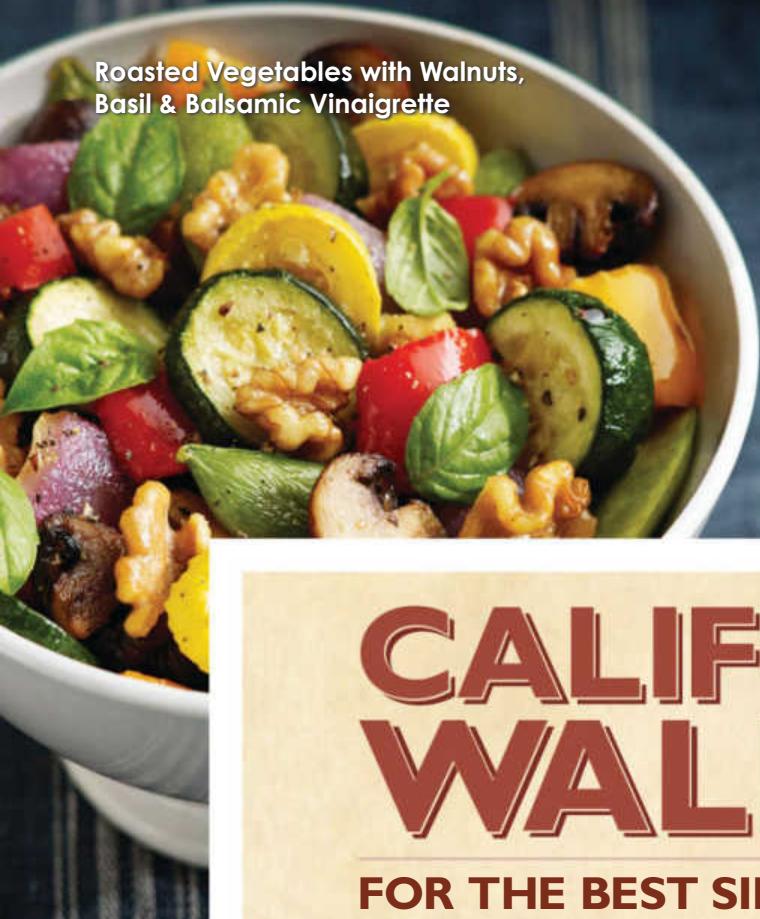


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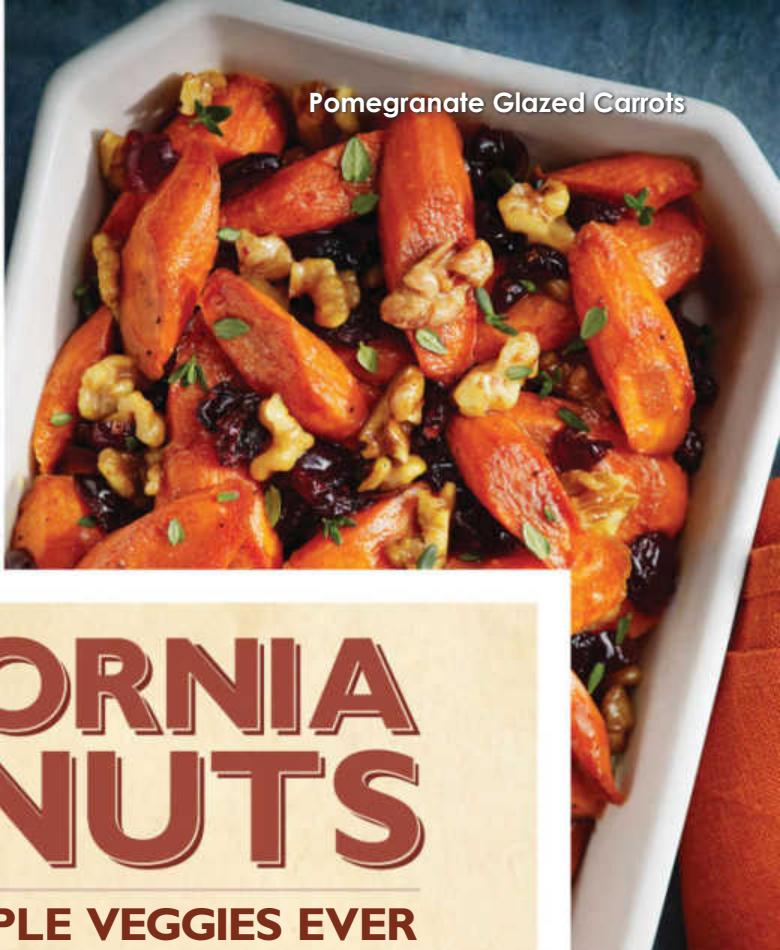


Pizza Margherita

Roasted Vegetables with Walnuts,
Basil & Balsamic Vinaigrette



Pomegranate Glazed Carrots



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walnuts.org

Green Beans with Olives, Sun-Dried
Tomatoes & Walnuts



Sweet & Spicy Brussels Sprouts



*Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day, as part of a low saturated fat and low cholesterol diet and not resulting in increased caloric intake, may reduce the risk of coronary heart disease. (FDA) One ounce of walnuts provides 18g of total fat, 2.5g of monounsaturated fat, 13g of polyunsaturated fat including 2.5g of alpha-linolenic acid – the plant based omega-3.

We got the beat!

I CONSIDER THE South by Southwest music festival, held every March in Austin, a holiday—my second-favorite after Christmas. Our special section “Eat to the Beat,” honoring two main facets of SXSW—food and music—starts on page 40. It includes chefs who dabble in music (and musicians who dabble in food!); my #BandWidowDinner Instagram posts from when my husband’s band, the Cringe, was touring with Mötley Crüe; guitar-themed kitchen tools; and four great cities where you can eat well and rock out.

Another way to eat well? Make pizza! Who doesn’t love a pizza par-tay?! All you need is the special excerpt from my new book, *Everyone Is Italian On Sunday* (page 92), and you can forget waiting for the delivery guy. I’ll walk you through how easy it is to make an amazing pie with

my One-Hour Dough and recipes for Hot Soppressata Pizza, Capricciosa Pizza and more. Have a few friends over and peace out with your pizza!

This month’s 30-Minute Meals has something fun for everyone. I’m trying to bring back the burrito with three twists, for every taste. Check out my Spanish-style Arroz con Pollo & Chorizo Burritos: saffron rice, chicken, spicy sausage, all wrapped up in a delicious bundle—what’s not to love? More of a chili lover? Try the White Chili Burritos: lots of great flavor, full of protein and fiber. From Texas? Maybe you’re in the mood for a Fritos burrito! That’s right—beef, Fritos and cheese in a blanket. Yum!

Or maybe you’re from the Deep South. Then, you’re gonna want to make this month’s Fried Chicken Thighs & Cheesy Grits with Green Onions. My daddy’s from Louisiana, so he’ll love those *and* my Louisiana-style meat loaf with spicy mashed potatoes.

We all want to wake up our weeknight meals, and this issue is packed with delicious, good-for-you ways to do it. Cook from our Healthy Weeknight Meal Kit tear-out booklet, then turn to page 84 and rip out the “Stock a Healthy Pantry” story. With these staples on hand, all you need is to pick up one or two fresh things to make 10 flavorful meals.

Here’s wishing you a delicious spring!

Love,




RACH'S BURGER of the MONTH



Bacon Queso Burgers

MAKES 6

QUESO SAUCE

- 2 poblano chiles
- 2 tbsp. butter
- 2 shallots, finely chopped
- 2 cloves garlic, finely chopped
- Salt and pepper
- 1 tbsp. cornstarch
- 1¼ cups whole milk
- 3 oz. (6 tbsp.) cream cheese, cut into small pieces, at room temperature
- 1 cup shredded smoked cheddar or smoked Gouda
- 1 cup shredded sharp yellow cheddar
- 1 rounded tbsp. yellow mustard, preferably French's

BURGERS

- 12 slices smoky bacon
- 1½ lbs. ground sirloin
- 3 tbsp. grated onion
- 3 tbsp. Worcestershire sauce

- 2 tbsp. chili powder, preferably Gebhardt
- Kosher salt and pepper

- 1 tbsp. canola oil
- 6 burger or kaiser rolls, or 12 slider rolls

TOPPINGS

- Chopped romaine or iceberg lettuce, diced seeded tomatoes, chopped white onion, corn chips (preferably Fritos) or corn tortilla chips (preferably Xochitl) and pickled jalapeño rings

- Working over a gas burner or under the broiler, char the poblanos, turning often, until blackened all over. Transfer to a bowl. Cover; let cool 15 minutes. Peel, seed and chop the poblanos.
- Preheat the oven to 375°.
- In a small saucepan, melt the butter over medium. Add the shallots and garlic and

cook, stirring often, until softened, 1 to 2 minutes; season with salt and pepper. Stir in the cornstarch. Add the milk and cook, stirring often, until it comes to a bubble. Add the cream cheese; stir until it melts and the sauce thickens, about 1 minute. Add the cheeses; stir until smooth, about 2 minutes. Stir in the mustard and poblanos; remove from the heat. Just before serving, reheat the queso over medium, stirring occasionally, until melted.

- Arrange the bacon on a slotted broiler pan or a parchment-lined rimmed baking sheet. Bake until browned and crispy, about 20 minutes, then chop.

“

Cheeseburgers get the Texas treatment with spicy beef patties, poblano queso, bacon bits and a big pile of corn chips!

”

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 **RELPAX®**
(eletriptan HBr)

Our 25 most popular pizza recipes!

Pizza night just got even more delicious! Not only can you try our most pinned, printed and saved recipes, but Rachael's sharing her personal favorites, too (see page 92). Maybe you should turn pizza night into pizza week!

No-Oven Pizza



Bacon-Arugula Sheet-Pan Pizza

Smoked Salmon Pizza



Three-Cheese Bread Pizza with Kale & Sausage



Artichoke, Tomato and Spinach Pizza



Hot Sausage & Sweet Pepper Pizzas with Almond Pesto



Spinach-Artichoke French Bread Pizza



Scrambled Egg Pizza



Blue Cheese, Lettuce and Tomato Pizza



Prosciutto and Pesto Pizza



Chicken Parm Pizza



Pizza Pockets



Broccoli Rabe Pizza Bread



Pizza Frittata



Kielbasa and Onion Pizza



Pizza Pie



French Onion Grilled Pizzas



Mexican Pizza



Mushroom and Garlic Pizza



Breakfast Pizza



Goat Cheese-Spinach Pizza



Poblano & Pepper Jack Pizzas with Avocado



Spice-Grilled Eggplant, Feta & Spinach Pizza



Tomato and Cheese Pizza



Sausage, Pepper and Onion Pizza

Find all 25 recipes at
RachaelRayMag.com/pizza.



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word *of* mouth



The new food pedalers

Pull over, food trucks: Mobile meal service is getting leaner and greener. Treat-bearing trikes and bikes are rolling out across the country with everything from drinks to dinner to dessert, thanks to tiny, tote-able heating and cooling units. Find one of these four faves with its kickstand down, and soon your order will be up! BY LANEE LEE

Joe on the go

PORTLAND, OR

Though sold the old-fashioned way at the Cup & Bar cafe, **Trailhead Coffee Roasters** coffee is also score-able on the street. The company's deco-inspired cargo bike (above) can pack 250 pounds of coffee and equipment: a propane heater, glass funnel, pour-over drippers—everything they need to brew on the spot! To see and sip for yourself, follow @TrailheadPDX or go to trailheadroasters.com.

Rolling China cabinet

BERKELEY, CA

Jian bing—a breakfast crepe filled with egg (cracked and cooked directly on the batter), fried wontons, fermented tofu, scallions, cilantro, hoisin sauce and chili oil—is a beloved street food in China. And now in Berkeley, too, thanks to John Romankiewicz. Also known as **Jian Bing Johnny**, he griddles this goodness on the back of a bike! To say *ni hao* to him in person, follow @JianBingJohnnys or go to jianbingjohnnys.com.

Taco tracks

ASHEVILLE, NC

A hungry hiker's dream, **The Tacoed Wheel** takes its tricked-out tacos to hot spots in the Pisgah National Forest via mountain bike. The "pierogi tacos" (meat loaf and mashed potato), pulled pork tacos or, for veg lovers, sweet potato tacos make that trail mix you stashed in your day pack seem meh. To see the exact trail the guys are blazing, follow @tacoedwheel or go to thetacoedwheel.com.

Icicle tricycle

SEATTLE, WA

Six Strawberries Artisan Ice-Pops fancies up every flavor it serves, including Birthday Cake (with bits of chocolate cake) and Strawberry Rhubarb Pie (coated in graham cracker dust!). The bike and its wood-encased cooler on wheels have appeared at Pike Place Market and festivals, but for the most current whereabouts, follow @SixStrawberries or go to sixstrawberries.com.

ROOT BEER GROWS UP

Root beer is going back to its... well, roots. Born more than a century ago as fermented sassafras, the drink you've known as safe for work (and kids' birthday parties) is suddenly turning up spiked. Lagers and ales should watch their backs: "Hard root beer is fast becoming the most popular style of beer we sell," says Brian Bowden, a senior vice president at the giant booze retail chain BevMo. And drinks such as Mission Brewery Hard Root Beer, almost unheard of in grocery stores a year ago, are flying off shelves.

With bars and brewery tasting rooms tapping into the trend, too, adult root beer floats may soon be the craft cocktail du jour.

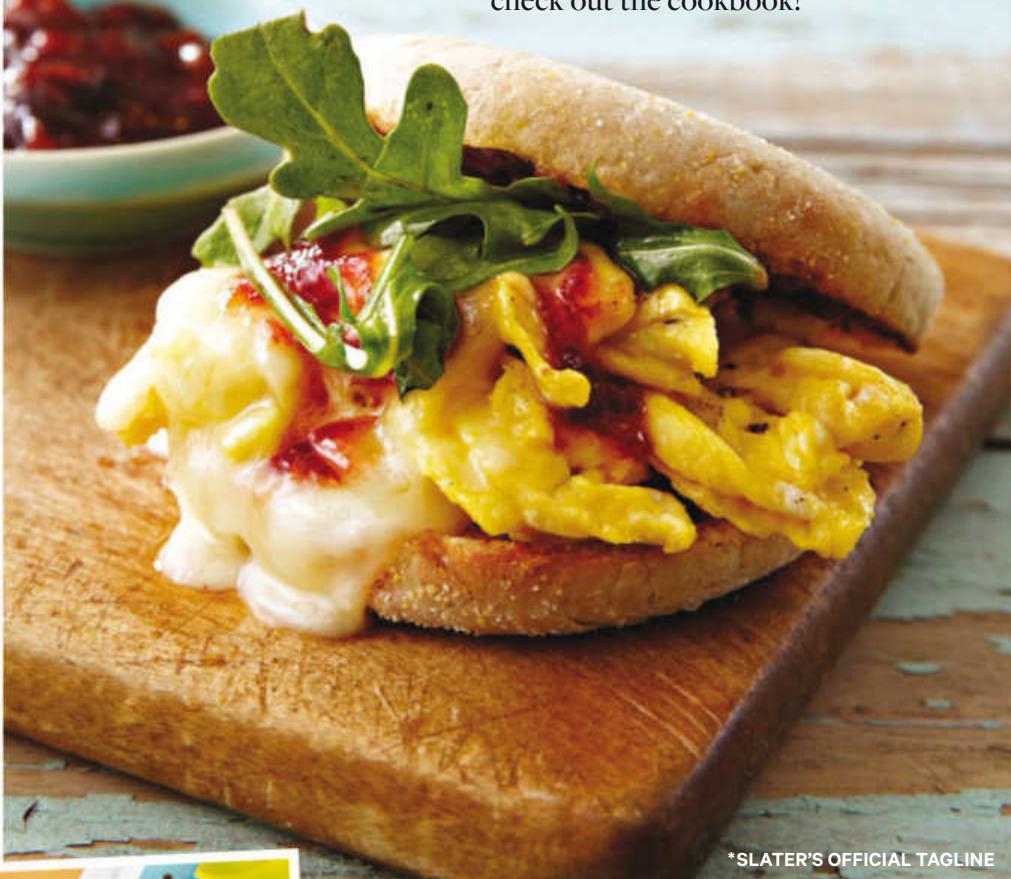
—KIMBERLEY LOVATO



Get your Fanny in the kitchen!*

The *Rachael Ray* show's "The Great American Cookbook Competition"—co-judged by our own editor-in-chief, Lauren Purcell—culminates in this month's debut of the winning title: *Fanny Slater's Orange, Lavender, & Figs*, packed with the author's childhood recipes. Our fave?

The competition-winning Tin Foil Surprise Breakfast Sandwich, a remake of a dish her dad made to calm her nerves on her first day of school. For other *aww*-inducing recipes, check out the cookbook!



*SLATER'S OFFICIAL TAGLINE



CALLING ALL PEEPS PEEPS! Your beloved treat is the basis of a new book: *Peeps-a-licious! 50 Irresistibly Fun Marshmallow Creations*. And as much as you gotta love the whole thing, we're extra psyched it includes recipes from *Rachael Ray Every Day* contributor Marge Perry (also the woman behind asweetandsavorylife.com). Check out her chocolate-stuffed Peeps Candy Surprise (left).



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food & fun

IN SEASON

crunch time

STAR CHOW-ER

Paul McCartney: vocalist, bassist... and celery-ist? The Beach Boys song "Vega-Tables" features the sound of McCartney chomping on celery, which was captured when he stopped by his friend Brian Wilson's studio. That's one hungry Beatle!

Stalk talk

This cool weather-loving veggie is available year-round. Make sure every bunch you buy is at its best with a few tips.

BUY Opt for loose bunches of celery instead of bags of celery hearts. They're cheaper, and it's easier to spot blemishes.

STORE Celery is 95 percent water, so it's prone to freezing. Trim off the leaves (see the tip at right) and keep the bunch in the crisper. Wrapped in foil (really!) to keep it from wilting, celery lasts up to three weeks.



TRY THESE IDEAS!

Green Bloody Mary

In a blender, puree 2 cups chopped celery, 1/2 cup chopped cucumber and 1/4 cup each chopped parsley, green apple and water. Strain; add vodka, lime juice and Tabasco to taste. Garnish with DIY Celery Salt (*below*), a rib of celery and cherry tomatoes. Makes 2.

DIY Celery Salt

Scatter 1/3 cup celery leaves on a plate. Microwave 15 seconds; open the door

and let cool 15 seconds. Repeat until leaves are dry, 2 minutes. Cool; crumble. Mix with 2 tsp. kosher salt.

Skillet-Braised Celery

In a skillet, brown celery ribs in butter. Add a dollop of Dijon and chicken stock to almost cover celery. Simmer until tender. Season.

Crunchy Tabbouleh

Toss cooked bulgur with chopped celery, celery leaves, lemon juice and EVOO; season.

36%

The percentage of you who, when asked on Facebook **"DO YOU PEEL YOUR CELERY?"** said yes. (Sample quote from the 64 percent who let the strings stay: "No. That's weird.") For the peeler among you, there's some good, labor-saving news: Dole just released a new celery variety called Premium Celery Hearts with fewer strings. Chew on that!

TURN OVER A NEW LEAF

Tender celery leaves add bright, herbaceous flavor as a garnish and in salads. To keep them fresh, store the leaves separately in a plastic bag in the fridge.

BREAKING THE MOLD

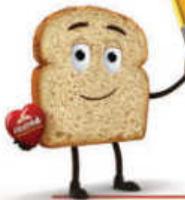
File under: What were they thinking? Back in 1964, Jell-O introduced Celery Jell-O in its "for salads" line. It and fellow savory flavors like mixed vegetable and Italian salad were ultimately discontinued in the early '70s, wiggling their way off American plates forever.



» LEAN & GREEN

Sorry, folks, but the much-repeated diet wisdom that while chewing celery you burn more calories than you take in is false. **"No so-called negative-calorie foods exist,"** says Kristin Kirkpatrick, MS, RD, manager of nutrition services at the Cleveland Clinic Wellness Institute. That said, digesting an 8-inch, 6-calorie rib actually burns about *half* a calorie. Still, celery has fiber, magnesium, potassium and a compound called phthalide, which helps lower blood pressure; definitely worth the 6—make that 5 1/2—calories.





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13

FAST IDEAS

1. Thai Green Curry with Shrimp

1 red bell pepper, cut into strips • 1 large shallot, chopped • 2 tbsp. Thai green curry paste • 2 tbsp. vegetable oil • 1 lb. peeled, deveined shrimp • 1 can (14 oz.) coconut milk • 5 oz. baby spinach • 1 tbsp. fish sauce • cooked rice • lime wedges → In pot, cook first 4 ingredients over medium, stirring often, 3 minutes. Add next 4 ingredients; cook, stirring often, 5 minutes. Serve with rice and lime wedges. Serves 4.

Some like it hot!

But if you don't, temper the heat by swapping in milder red or yellow curry paste.



Southern breakfast sandwich



2. Greens, Eggs & Ham Biscuits

2 tbsp. canola oil • 4 slices Canadian bacon • 1 small onion, minced • 1 small bunch collard greens, stemmed and sliced • 1 tbsp. plus 1½ tsp. cider vinegar • 4 large biscuits, split • 4 fried eggs → In skillet, heat ½ tsp. oil over medium-high. Brown bacon, 3 minutes per side; transfer to plate. In same skillet, cook onion in remaining oil over medium, 8 minutes. Add greens; cover and cook until tender, 5 minutes. Stir in vinegar. Fill biscuits with greens, bacon and eggs. Makes 4.



3. Blood Orange Tequila Sunrise

8 oz. blood orange juice • 4 oz. tequila • ice cubes • 2 oz. seltzer • 2 blood orange slices • 2 maraschino cherries → In 2 tall glasses, stir orange juice, tequila and ice. Top with seltzer; garnish with orange slices and cherries. Makes 2.



Try this with any root veggie!

4. Sweet Potatoes with Scallion Butter

2 lbs. sweet potatoes, peeled and chopped • 3 tbsp. olive oil • large pinch ground cloves • 8 scallions, trimmed • 4 tbsp. butter, at room temperature • 1 red Fresno chile, thinly sliced → On baking sheet, toss first 3 ingredients; season. Bake at 450° until tender, 20 to 25 minutes; transfer to bowl. On same baking sheet, broil scallions until charred, 3 minutes. In food processor, puree scallions and butter; season and toss with potatoes and chile. Serves 6.



New burger topping!

5. Turkey & Leek Burgers

1 tbsp. olive oil • 2 leeks, thinly sliced • 1¼ lbs. ground turkey • 1 tsp. poultry seasoning • ½ cup mayonnaise • 2 cloves garlic, minced • 4 hamburger rolls, toasted → In skillet, heat oil over medium. Cook leeks until golden, 5 minutes. Season; transfer to plate. Mix turkey and seasoning. Divide into 4 patties; season. In skillet, cook over medium until cooked through, 9 minutes. Mix mayo and garlic; spread on rolls. Top with patties and leeks. Makes 4.



6. Bibb Lettuce Salad with Eggs, Pancetta and Tarragon

6 slices pancetta • 1/4 cup Champagne vinegar • 2 tbsp. honey • 1 shallot, minced • 1/4 cup olive oil • 1 head Bibb lettuce, leaves torn • 3 hard-boiled eggs, quartered • 2 tbsp. chopped fresh tarragon → In skillet, cook pancetta over medium-high until crispy, 2 minutes per side; transfer to paper towels. In same skillet, heat pancetta drippings, vinegar, honey and shallot, 3 minutes. Off the heat, whisk in oil; season. Arrange lettuce on platter; top with eggs, crumbled pancetta, dressing and tarragon. Serves 4.

Most eggscellent!

To prevent a dark ring around your yolks, plunge hard-boiled eggs into ice water right after cooking.

Spice up your spaghetti!



7. Szechuan Pork Noodles with Bok Choy

1 lb. ground pork • 1 head bok choy, chopped • 3 tbsp. soy sauce • 2 tbsp. plus 1½ tsp. minced fresh ginger • 2 tsp. Chinese five-spice powder • 12 oz. spaghetti, cooked • sesame chile oil • 2 scallions, sliced → In large nonstick skillet, cook pork over medium-high until browned, 8 minutes. Add next 4 ingredients; cook, stirring occasionally, 4 minutes. Stir in spaghetti; garnish with sesame oil and scallions. Serves 4.

DIY chips & dip bowl

Spoon the dip into a wide coupe glass and place it on a shallow bowl. Surround it with crackers and snack away!



8. Everything Crackers with Veggie Cream Cheese

48 saltine crackers • 4 tbsp. butter, melted • 2 tsp. poppy seeds • 2 tsp. sesame seeds • 2 tsp. steak seasoning • 8 oz. cream cheese, at room temperature • 1 small red bell pepper, minced • 1 carrot, peeled and grated • 2 scallions, sliced → On foil-lined baking sheet, brush crackers with butter; sprinkle with seeds and seasoning. Bake at 350° until toasted, 5 minutes; let cool. Combine remaining ingredients; serve with crackers. Serves 6.



Drinkable dessert

9. Carrot Cake Shake

1½ cups carrot juice • 3 oz. cream cheese, at room temperature • 2 tbsp. plus 1½ tsp. malted milk powder • 1 tsp. ground cinnamon, plus more for garnish • 1 pt. vanilla ice cream • whipped cream • 4 carrot ribbons → In blender, puree first 3 ingredients with 1 tsp. cinnamon and a pinch of salt; blend in ice cream. Divide among glasses. Top with whipped cream, sprinkle with cinnamon and garnish with carrot ribbons. Makes 4.



Hot, healthy breakfast

10. Quinoa & Berry Bowl

2 cups soy milk • 1 cup tricolor or white quinoa, rinsed • 2 tbsp. (packed) light brown sugar • ½ tsp. ground cinnamon • ¼ tsp. ground cardamom • assorted fresh berries • maple syrup → In saucepan, bring milk, quinoa and ¼ tsp. salt to a boil. Cover, reduce heat to low and simmer until milk is absorbed, 15 minutes. Stir in sugar and spices. Top with berries and maple syrup. Serves 4.



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breakfast
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Soup-er Lunch

Make winter lunches extra special! Satisfy your kids' hunger with a bowl of creamy tomato soup—and float Goldfish crackers on top to add crunchy fun.



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How do you keep family connections strong? Share your stories of how Goldfish crackers add smiles to your and your little ones' lives!



Share your Goldfish® Tales!

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11. Banana Wonton Cups

Cooking spray • 12 wonton wrappers • 2 bananas, peeled and thinly sliced • 6 tbsp. jarred caramel sauce • 1 cup whipped cream • dark chocolate, for shaving → Coat mini muffin pan with cooking spray. Fit wonton wrappers into muffin cups; bake at 325° until crispy, 12 to 13 minutes. Fill wonton cups with bananas and caramel; top with whipped cream. Using vegetable peeler, shave chocolate on top. Makes 12.



Fill 'er up!

The wonton cups are great stuffed with savory foods, like chicken salad or chili, for easy bite-size party hors d'oeuvres.

Fun party snack!



Rockin' casserole



12. Pearl Onion Poppers

1 qt. vegetable oil • 1 cup self-rising flour • 1 cup seltzer • 12 oz. frozen pearl onions, thawed and patted dry • 1/2 cup mayonnaise • 2 tbsp. minced parsley • 1/2 tsp. smoked paprika • 1 clove garlic, minced → In medium pot, heat oil over medium-high until shimmering. In bowl, whisk flour and seltzer. Working in batches, coat onions in batter; fry until crispy, 2 to 3 minutes. Drain on paper towels; season. Combine remaining ingredients for dip. Serve dip with onions. Serves 4.

13. Chicken & Butternut Bake

3 shallots, chopped • 4 tbsp. butter • 1/3 cup crème fraîche • 1/3 cup chicken stock • 2 lbs. boneless, skinless chicken breasts, cut into 20 slices • 20 thin half-moon slices butternut squash • 1 1/2 cups herb stuffing mix • chopped parsley → In skillet, cook shallots in butter over medium, 4 minutes; whisk in crème fraîche and stock. Layer chicken and squash in dish. Top with stuffing and shallots. Bake at 425° until tender, 20 minutes. Top with parsley. Serves 4.

Mother spies with her little eye
A street called Mulberry Way.
They turn the corner and lo & behold
It's grandma's house! Hurray!



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home & away

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(\$18 for 750ml)

"This is one of my favorite white rums for any budget. An aged blend of Caribbean rums, it adds hints of tropical fruit to any drink, especially a daiquiri."

—Blair Reynolds, owner of bar and restaurant Hale Pele in Portland, OR

ANOTHER GREAT PICK

Boozy Wray & Nephew

White Overproof

Rum will wake up a mai tai—or any tiki drink.

(\$19 for 750ml)

**Gin****CITADELLE GIN**

(\$25 for 750ml)

"Leave it to the French to come up with a delightfully flavorful gin. (No wonder: it's made with nearly 20 herbs, roots, spices and flowers.) It pairs particularly well with citrus. One Tom Collins, please."

—Paul Clarke, author of *The Cocktail Chronicles*

ANOTHER GREAT PICK

Juniper-heavy Gordon's London Dry Gin is a steal, and ideal in a gin and tonic.

(\$13 for 750ml)

Tequila**PUEBLO VIEJO BLANCO**

(\$18 for 750ml)

"This blanco tequila (which isn't aged) is distilled in a traditional way. It has a citrusy, earthy flavor that shines in a margarita." —Courtenay Greenleaf, corporate beverage director at Rosa Mexicano restaurants

ANOTHER GREAT PICK

Spicy Cimarrón Blanco offers fresh agave flavor.

(\$20 for 1 liter)

Vodka**TITO'S HANDMADE VODKA**

(\$21 for 750ml)

"Corn-based Tito's is one of the most bright-tasting, clean vodkas around—which is why it's so delicious on the rocks or in a martini. I also love that it's from Austin, my hometown." —Christina Cabrera, bar consultant at San Francisco's Barbarossa Lounge

ANOTHER GREAT PICK

Crisp Gruen Handcrafted Vodka, made from wheat and rye, is a cocktail go-to.

(\$11 for 750ml)

Bourbon**W. L. WELLER SPECIAL RESERVE**

(\$18 for 750ml)

"I don't make cocktails with anything I wouldn't drink on its own."

This bourbon has a sophisticated sweetness balanced by a fiery kick, which makes it great neat and in a mixed drink."

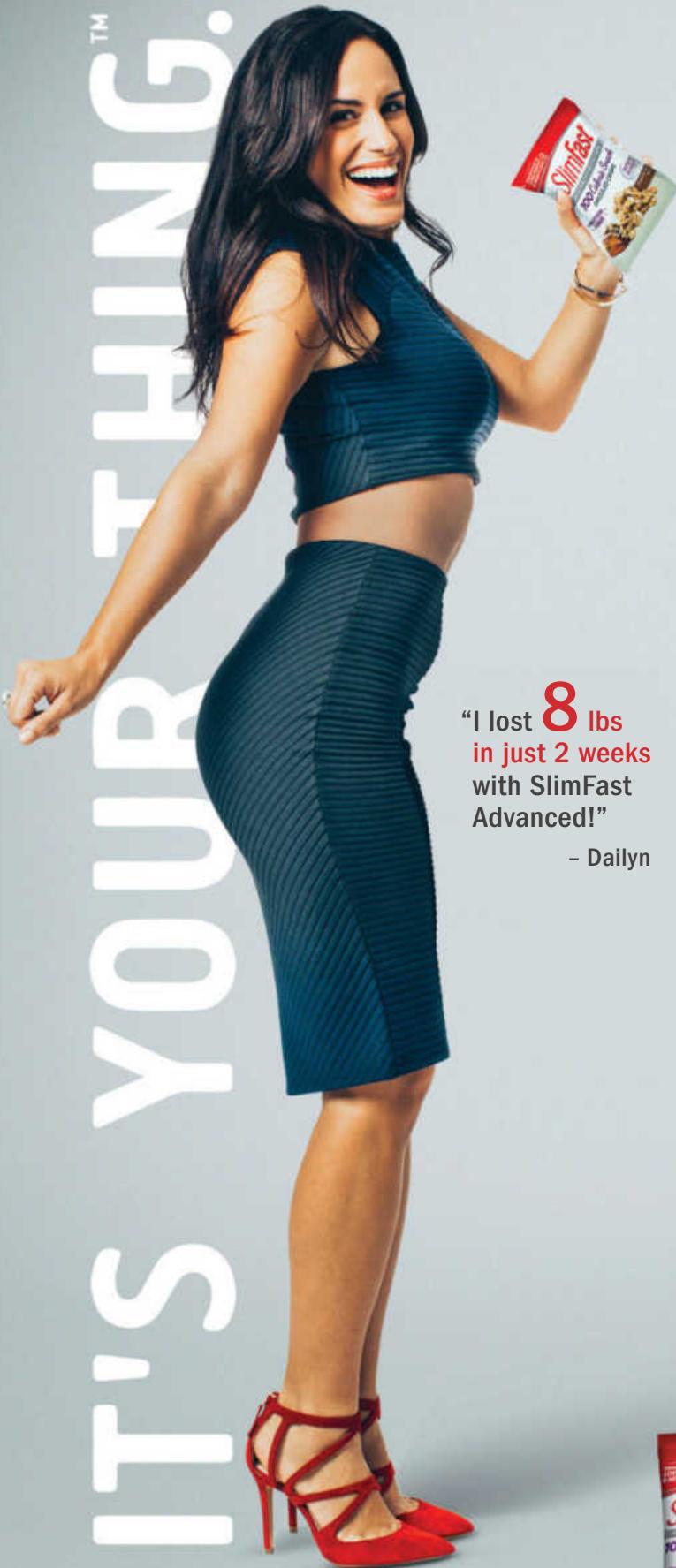
—Michael Neff, bar director at NYC's Holiday Cocktail Lounge

ANOTHER GREAT PICK

Aged in charred oak barrels, Jim Beam Black is just as complex as pricier bourbons.

(\$22 for 750ml)

IT'S YOUR THING™



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ADVANCED NUTRITION

More protein.

Less sugar.

Amazing taste.

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It's easier than ever to lose weight fast and keep it off with the clinically proven SlimFast Plan.* SlimFast Advanced has up to **20g of protein**, as low as **1g of sugar** and **100% daily fiber**!

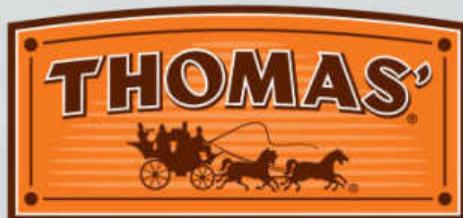
Shakes.
Smoothies.
Bars.
Snacks.



SlimFast.com

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*Individual results may vary. Based on the SlimFast Plan (a calorie-reduced diet, regular exercise, and plenty of fluids). Check with your doctor if nursing, pregnant, under 18, following a doctor prescribed diet. © 2016 SlimFast.



Thomas' Swirl BREAD



*My mornings start with a
sweet, cinnamon swirl.*

Because Thomas'® Swirl Bread is **80 calories** per slice and has **no high fructose corn syrup**, mornings just got even better.

breakfast
LIKE NO
OTHER™

A MID-CENTURY MODERN CLOCK THAT COSTS LESS THAN \$10!

MAKE ME

Chop, chop!

Be a *stickler* for punctuality
with cute clocks you can make
out of repurposed chopsticks.

TIME TO GET CRAFTING!

1



Cut a piece of cardboard into a 4-inch circle with a 1-inch hole in the middle. Coat one side of the cardboard with acrylic paint to match your decor. When dry, use a ruler and pencil to divide the circle into quadrants and mark 12, 3, 6 and 9 o'clock.

SUPPLIES

<input type="checkbox"/> Thin cardboard	<input type="checkbox"/> Pencil
<input type="checkbox"/> Scissors or craft knife	<input type="checkbox"/> Chopsticks
<input type="checkbox"/> Acrylic paint	<input type="checkbox"/> 20mm wooden beads
<input type="checkbox"/> Paintbrush	<input type="checkbox"/> All-purpose glue
<input type="checkbox"/> Ruler	<input type="checkbox"/> Clock mechanism

2



Snip the chopsticks at either end to your desired length. (We used sturdy craft scissors but a kitchen knife works, too.) Paint chopsticks and wooden beads with acrylic paint and let dry 2 hours. Hint: Rest the painted sticks over two perpendicular unpainted chopsticks for drying.

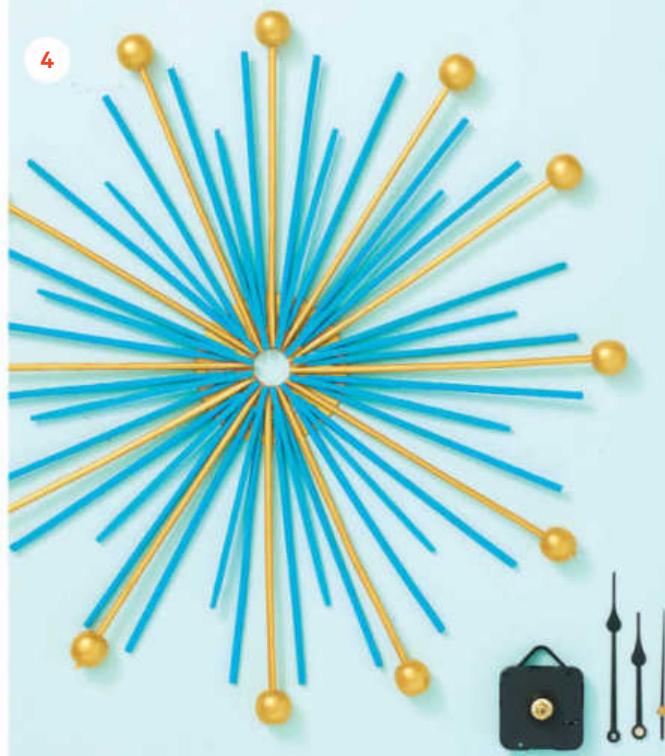
◆ **TED DENNARD**

of Savannah Bee Company®
combined honey, blackberries
and goat cheese.





Pipe lines of all-purpose glue along the four pencil markings and lay chopsticks over the glue. Evenly fill in one quadrant at a time with chopsticks. Build additional layers of chopsticks if you want a more dimensional look.



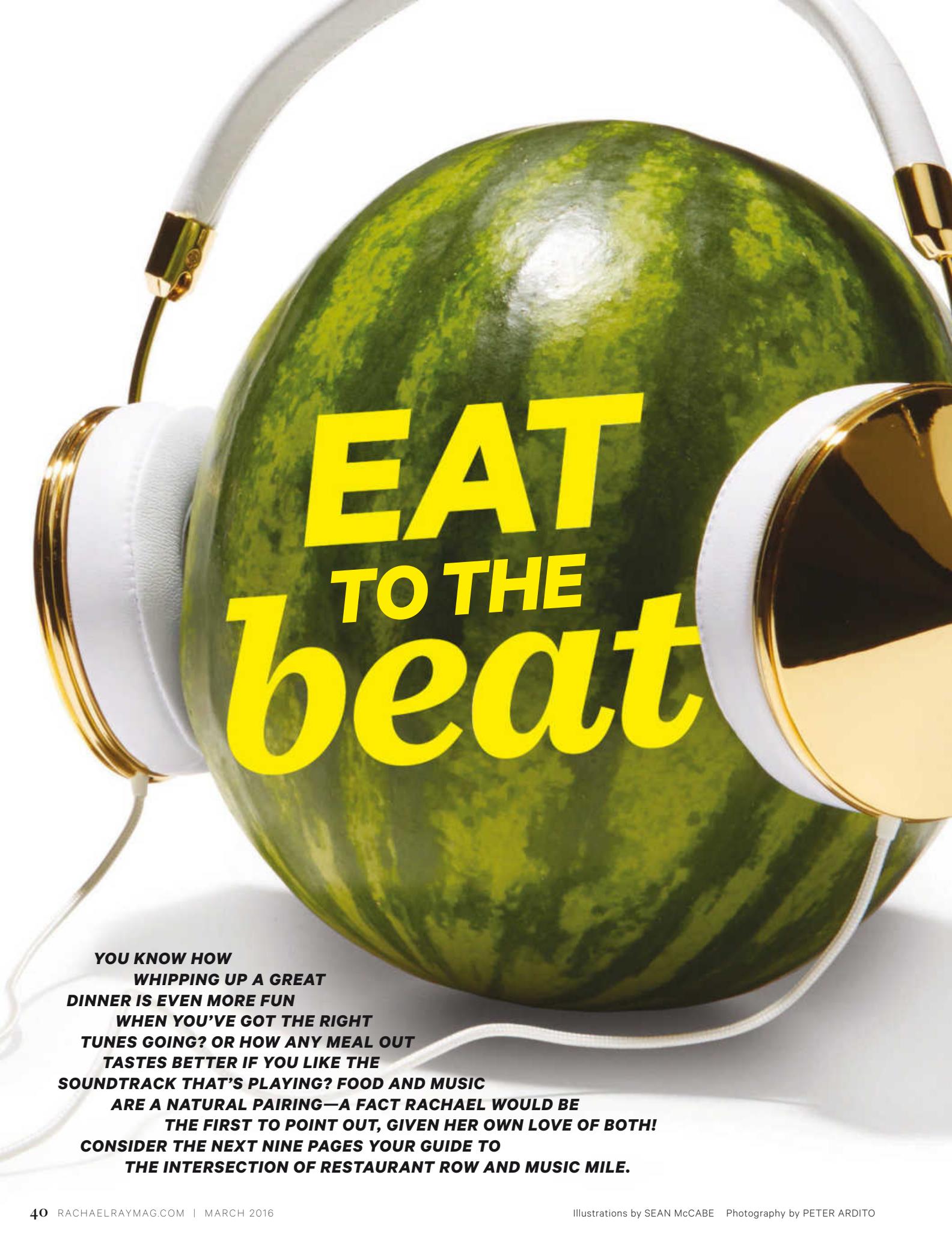
Add a dab of glue to one hole of a wooden bead and slide it onto a chopstick. Repeat. Apply glue to the face of a clock mechanism (available at crafts stores). Center the cardboard circle over the mechanism and press to adhere. Let dry and screw on the clock hands (they come with the mechanism). Set the time—and don't forget to adjust it ahead an hour on March 13!



berrhoneycheescuit

WHAT WILL YOU MAKE?





EAT TO THE beat

**YOU KNOW HOW
WHIPPING UP A GREAT
DINNER IS EVEN MORE FUN
WHEN YOU'VE GOT THE RIGHT
TUNES GOING? OR HOW ANY MEAL OUT
TASTES BETTER IF YOU LIKE THE
SOUNDTRACK THAT'S PLAYING? FOOD AND MUSIC
ARE A NATURAL PAIRING—A FACT RACHAEL WOULD BE
THE FIRST TO POINT OUT, GIVEN HER OWN LOVE OF BOTH!
CONSIDER THE NEXT NINE PAGES YOUR GUIDE TO
THE INTERSECTION OF RESTAURANT ROW AND MUSIC MILE.**

WE'VE GOT YOUR CRAVINGS COVERED!

Album art can whet your appetite before you've listened to a single note.



Rolling Stones, *Let It Bleed*



The Velvet Underground,
The Velvet Underground & Nico



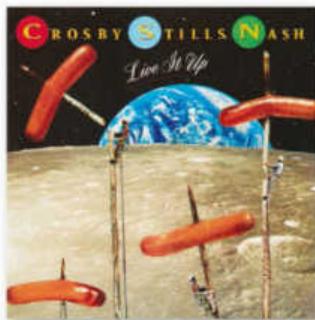
Sponge, *Rotting Piñata*



Yeah Yeah Yeahs, *It's Blitz*



George Benson, *Giblet Gravy*



Crosby, Stills & Nash, *Live It Up*



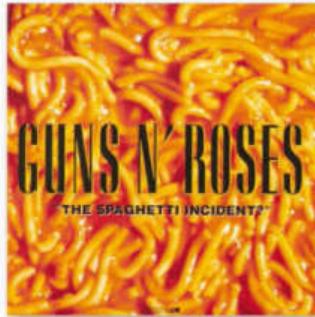
Battles, *La Di Da Di*



Divine Fits, *A Thing Called Divine Fits*



Chuck Berry, *Berry Is on Top*



Guns N' Roses, "The Spaghetti Incident?"



The Undertones, *All Wrapped Up*



Herb Alpert's Tijuana Brass,
Whipped Cream & Other Delights



Duran Duran, *Paper Gods*



The Who, *The Who Sell Out*



Blur, *The Magic Whip*



EAT YOUR WORDS Your love is better than



/ Better than anything else that I've tried —"Ice Cream," Sarah McLachlan Yes, I like



and ➤



getting caught in the rain / I'm not much into health food / I am into

—“Escape (The Pina Colada Song),” Rupert Holmes I was sittin’ there sellin’



THE TASTIEST TUNE TOWNS

Start with a list of the country's top food towns, cross reference it with a list of the country's hottest music towns, and you get a third list you should refer to before your next vacation: the best towns for both! Check out the insiders' guides to tasty and tuneful nights out in four of our favorites (sprinkled throughout these pages), then hit the road!

YOUR PITCH-
PERFECT
NIGHT OUT
IN:

Austin

We're kicking off with the town that feels closest to home, where Rachael hits South by Southwest each March and, together with her husband, John, hosts her famed Feedback music and food party. But Austin is guaranteed to rock you *whenever* you go. It bills itself as the Live Music Capital of the World, and has 250+ venues to back the claim. The city's dining options are dizzying, too (there are more than 1,000 food trailers, for starters).

So Rach asked one of her favorite local singer-songwriters, Bob Schneider, to make you a cheat sheet of sorts. Follow it to see how he'd spend a night in the scene-y downtown area.



FUEL UP
"At Luke's Inside Out food trailer, Luke Bibby and his wife, Tracy, serve sandwiches and specials that'll knock your socks off, whether it's pork belly shrimp pie or smoked brisket arepas with guacamole and queso crema," Schneider says. "Eat outside or, if you crave a cold one, at the adjacent Gibson Street Bar." lukesinsideout.com



CATCH A SHOW
"Across the street from Luke's sits the **Saxon Pub**, home to my 15-year Monday night residency as Lonelyland. But you can also catch acts of all kinds here, from legends like Kris Kristofferson and Bonnie Raitt to rising stars like Charlie Mars. And the bar can be a great place for celebrity spotting." thesaxonpub.com



AFTER-PARTY
"The **Liberty** not only serves amazing seasonal cocktails (if the Nothing's Shocking is on offer, you've got to try this rum, OJ, pineapple juice and ginger beer blend), but comes with a bonus: an East Side King trailer out back, with Asian-inspired awesomeness from Paul Qui, who won *Top Chef*, Season 9." thelibertyaustin.com

SHORT ON TIME? GET FAB FOOD AND MUSIC UNDER ONE ROOF!

In 1933, **Threadgill's** was the first place in the county to get a beer license, and later became Janis Joplin's launching pad. And while you can still grab a brew and see great acts there—Van Wilks, Uncle Lucius and lots of others—you can also get killer comfort food. Try the Texas Caviar (black-eyed pea salad) or Smoked Chicken Cheese-a-dillas (imagine a stuffed quesadilla). threadgills.com

truck / Crunchin' on a



when she pulled up—"Good Directions," Billy Currington I'll make you



/ Pretend like it's the weekend, now—"Banana

I'M NOT WITH THE BAND

When John hits the road with his band, the *Cringe*, he knows what he's missing thanks to Rachael's **#BandWidowDinner** Instagrams. They look so good, we wouldn't be surprised if he somehow sneaks home between sets.



@rachaelray Liquid Sunday Brunch for **#BandWidowDinner** #3. Sparkling rosé with Peychaud's Bitters, St. Germain elderflower liqueur, and lemon on ice. Cheers! [@TheCringe](http://TheCringe) #Milwaukee!



@rachaelray **#BandWidowDinner** #5. Baby squash casseroles in tomato sauce with a rice pilaf, plus beef, parsley, mint, dill and garlic. [@TheCringe](http://TheCringe) #DC



@rachaelray BLC: bacon, leeks, and chard for **#BandWidowDinner** #28. Olive oil, bacon, garlic, leeks, white wine, chard, farro, spaghetti, EVOO, parm, and salt and pepper to taste. Plus lots of toasted chopped walnuts!



@rachaelray **#BandWidowDinner** #30 was late summer Portuguese soup: celery, leeks, rainbow carrots, garlic, mild and medium chilies, kale, chorizo, chickpeas, and tomato stock. [@TheCringe](http://TheCringe) #Houston



@rachaelray **#BandWidowDinner** #32. He's coming home (for now, back on the road in October)! [@TheCringe](http://TheCringe) closed this run in **#SanAntonio** while I made a 5-ingredient skillet supper: Boursin-stuffed chicken breast, prosciutto-wrapped, lemon, wilted chard. Loved sharing all these dinners with you guys!

Pancakes," Jack Johnson I love the white stuff, baby / In the middle of an



/ I love the white stuff, baby / It's the most delicious thing I know — "The White Stuff," Weird Al Yankovic.... You can eat 'em with

eat 'em with gravy / Eat 'em with , pinto or navy / Put 'em on the side, put 'em in the middle / Put a homegrown  on a hotcake griddle. —"Homegrown Tomatoes," Guy Clark ...



What do you look forward to eating after a show?

“After the concert is when the real eating usually happens. I love my In-N-Out Burger on the West Coast, and I love an ice cold beer right after my concert. In Cologne, Germany, they have a tradition of handing the artist a beer as you walk off stage. I'm considering putting this in my contract wherever I perform!” —**JOSHUA BELL**, violin phenom and music director of the Academy of St. Martin in the Fields

GUITAR HEROES

Tune up your kitchen with these fun finds!

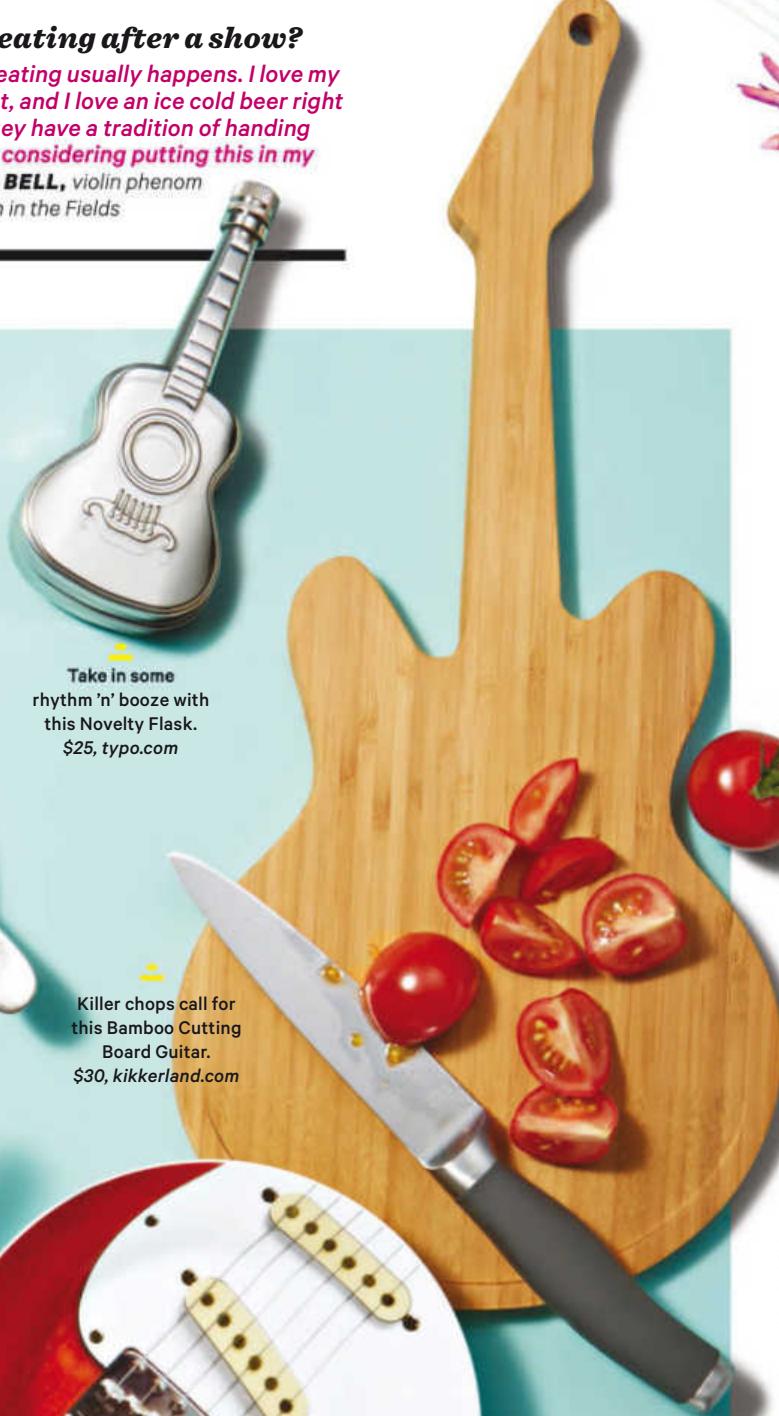


These Beech Wood + Rockin' Guitar Salad Servers will have guests singing, "You spinach me right round, baby, right round." \$16, kikkerland.com



Killer chops call for this Bamboo Cutting Board Guitar. \$30, kikkerland.com

Take in some rhythm 'n' booze with this Novelty Flask. \$25, typo.com



Don't fret! These 7½-inch Live Fast Dine Young Side Plates are microwave- and dishwasher-safe. \$40 for an assortment of 4, shoppbs.org

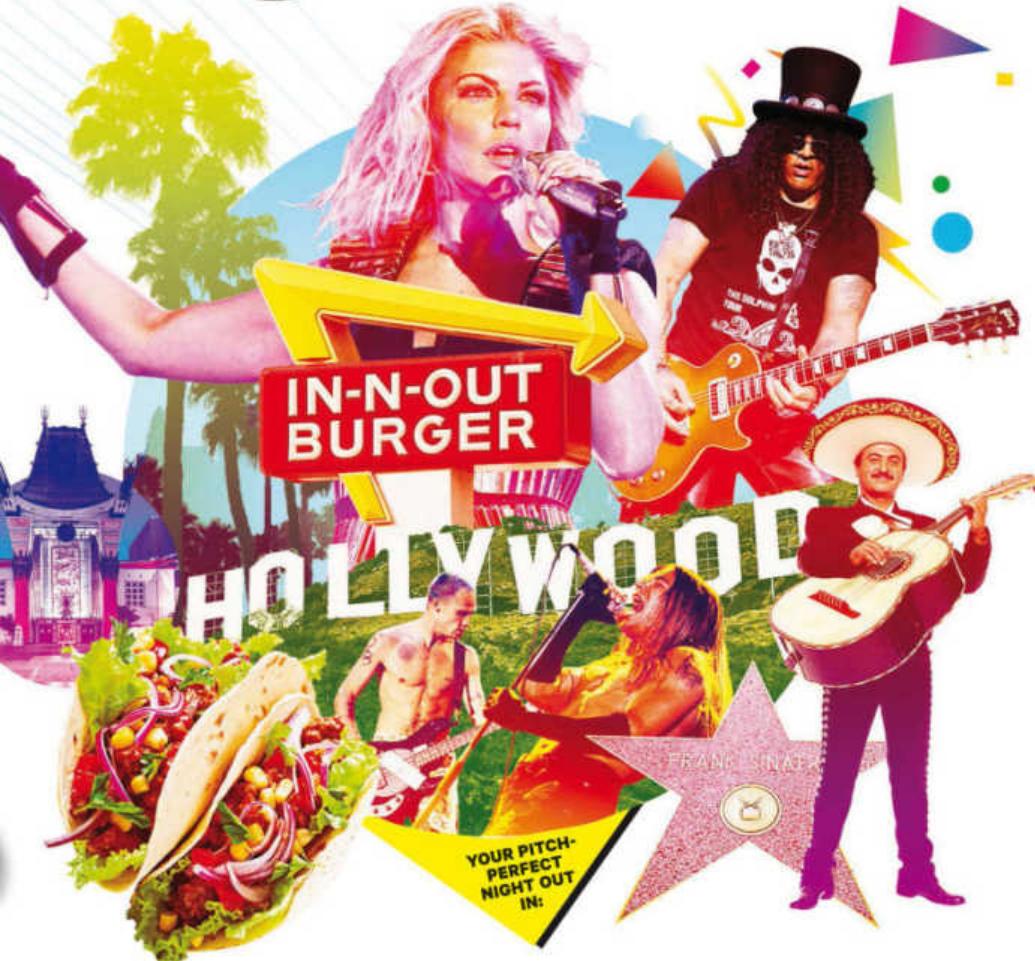
I wanna be able to eat



Bolognese / And not feel bad about it for days and days and days —“Everything’s Just Wonderful,” Lily Allen . . .



and / Pouring down



Los Angeles

From the Sunset Strip—old stomping grounds of Mötley Crüe, Guns N’ Roses and many a metal megaband in between—to the troubadour-filled Mariachi Plaza, L.A. is crawling with music cred. And just as those grooves have cross-pollinated (what other city would birth the metal-mariachi group Metalachi?) so have the flavors of the huge resident immigrant populations. Case in point: Kogi Korean tacos, which are so amazing, they helped launch the entire food truck trend. **BY MARIA NEUMAN**



FUEL UP

Alimento in überhip Silver Lake has made multiple best-new-restaurant lists with creative takes on Italian, such as this escolar (a buttery fish) with eggplant, fennel pollen, almonds and mollica (breadcrumbs à la Italiana). alimentola.com



CATCH A SHOW

Just across the street, the **Satellite** is where many an act (Foo Fighters, Beck) played before making it big, and the place is still known as an indie-rock tastemaker. Bonus: There's a pool table where you can shoot a few between sets. thesatellitelala.com



AFTER-PARTY

A few blocks away, **Thirsty Crow** awaits with more than 100 bourbons and a full complement of killer cocktails. If you want to keep things simple, go for the signature Thirsty Crow (whiskey, maraschino, lemon, ginger beer). thirstycrowbar.com

SHORT ON TIME? GET FAB FOOD AND MUSIC UNDER ONE ROOF!

The L.A. metro region is home to the largest Mexican community in the U.S., so you'd be hard-pressed to find better Mexican food and music anywhere else outside Mexico. For an all-in-one experience, hit **Casa Sanchez**—a mariachi supper club—and try the Chile en Nogada: chile stuffed with pork, beef and fruit, then topped with walnut sauce and pomegranate seeds. casa-sanchez.com

FOOD AND LODGING—AND MUSIC!

At these hotels and resorts, tracks and treats go hand in hand.



Join a Sweet and Savory with Song session at **Lake Austin Spa Resort** in Austin, and you'll learn to make delicious

dishes, then nosh on the results during a performance by the foodie musician who led the class. One recent favorite? A gratin and tart lesson with chef-singer-songwriter Kimmie Rhodes, whose songs have been recorded by the likes of Willie Nelson and Trisha Yearwood. lakeaustin.com



At the **Nhow Berlin**, an entire hotel dedicated to music, room service goes well beyond burgers and fries:

You can actually have a guitar, keyboard or deejay sent to your room! Or, if you'd rather not keep your talent to yourself, book dinner and a recording session: After the meal, you'll proceed immediately from the hotel's restaurant to one of the in-house recording studios. nhow-hotels.com/berlin



The Wine Riffs dinners at **Orlando's Hard Rock Hotel**

have been such a hit, the chain is launching a

worldwide rollout of these winemaker-chef-deejay-emcee collaborations. With each course, you'll find out what made the deejay choose the musical accompaniment. The Guilty Pleasures dessert course, for example, comes with another form of guilty pleasure: '90s boy bands. hardrockhotels.com



“After shows, I try to stick to low-carb snacks like almonds and raw veggies. And hummus is always a good snack any time of day!”

—CARRIE UNDERWOOD, whose latest endeavors are the album *Storyteller* and the Calia by Carrie Underwood fitness apparel line

Nashville

There's no denying this city's roots: country music, honky-tonks and down-home Southern cooking. Still, there's nothing stuck in time about Nashville, now a mecca for rock, jazz and classical musicians—plus some of the country's top (and rising) chefs. One of the best neighborhoods to start sampling the magnificent mashup? Downtown. BY JENNA SCHNUER



FUEL UP

At **The Southern Steak & Oyster**, the celebrated Matt Farley serves up cheffy new takes on local traditions. The Highway, for one, features buttermilk-and-hot-sauce-marinated, panko-breaded, maple-syrup-drizzled chicken atop waffles. thesouthernnashville.com



CATCH A SHOW

Ryman Auditorium, one-time home of the Grand Ole Opry—and hallowed haunt of Johnny Cash, June Carter and Loretta Lynn, among others, remains a stellar place to see a show, and the High Victorian Gothic building itself is a stunner. ryman.com



AFTER-PARTY

For a quintessential Nashville nightcap, grab a PBR at **Robert's Western World**, where you shouldn't pass go before ordering the fried pickle spears (they're breaded and served with ranch) from the resident Honky Tonk Grill. robertswesternworld.com

SHORT ON TIME? GET FAB FOOD AND MUSIC UNDER ONE ROOF!

Family Wash, so named for the laundromat it took over to become one of the first music joints in (then mostly residential) East Nashville, has moved to a bigger space to accommodate everyone who turns out to hear the city's top rock, bluegrass and jazz talent. Hit a jazz dinner on Saturday, or try the incredible shepherd's pie any night. And even if you order from the all-day breakfast menu, consider the cocktails on tap. familywash.com

Georgia pine / And that's home you know / Sweet / and homemade / Where the / grow —“Chicken Fried,” Zac Brown Band Try an / with

RESTAURANTS WITH A SPIN

These chefs are adding a new skill to their CVs: deejaying!

BY JENNA SCATENA

At his chef's table at NOLA's **SQUARE ROOT**, Phillip Lopez matches each course with music—say, an haute take on his mom's chilaquiles with a fave Chicano-themed oldie of his dad's: “Low Rider.” squarerootnola.com

Second only to the food at **MOLINA** in Mill Valley, CA, is chef Todd Shoberg's ability to spin the hits on his oven-adjacent turntable.

You'll find each night's playlist right on the menu. molinarestaurant.com

At Portland, OR's **GRASSA**, chef Rick Gencarelli has a tradition: pairing a new dish with an album on debut day. Case in point? Pork belly BBQ mac and cheese with *The King Khan & BBQ Show*. LP.grassapdx.com

TRADING PLACES

Not only are chefs the new rock stars, rock stars are the new chefs. Dig who's migrating from kitchen to stage—and vice versa. And those spatula and guitar rankings you see? Shorthand for everyone's chops!

My milkshake brings all the chefs to the yard!



MUSICIANS TURNED FOODIES

SAMMY HAGAR

Once known for his inability to drive 55, he's now a restaurateur and **booze businessman**. Having started and sold Cabo Wabo Tequila, he went on to his next ventures: Sammy's Beach Bar Rum and his latest, a partyer's cookbook called *Are We Having Fun Yet?*



DARYL HALL

The Rock and Roll Hall of Famer **hosts the music and cooking TV show Live from Daryl's House**, Daryl's House being his restaurant and music venue in Pawling, NY. That he sometimes performs there is icing on the Nutter Butter-crusted cake.



PATTI LABELLE

Still R&B royalty, she's now got a few cookbooks to her name, plus a line of sauces. She also **stars in a series of Cooking Channel specials**, one co-starring a guy so obsessed with her sweet potato pie that his tribute video went viral.



QUESTLOVE

The deejay/drummer from *The Tonight Show Starring Jimmy Fallon* has also **judged Top Chef**; hosted food salons (catch these celeb chef gabfests on Vimeo); and written *Somethingtofoodabout* (due out next month), an exploration of chefs' artistic creativity.



KELIS

This R&B milkshake maven, whose latest album is *Food*, is also a **foodie triple-threat**: She's a chef's daughter, author of *My Life on a Plate: Recipes from Around the World* and star of the Cooking Channel's *Saucy & Sweet*.



FOODIES TURNED MUSICIANS

GRAHAM ELLIOT

When he's not at his Chicago restaurant, the guy best known as a *MasterChef* judge is likely jamming on the guitar, especially during his gig as culinary director for Lollapalooza—a dream job for a dude who **used to play in an emo band**.



FORD FRY

This Atlanta celeb chef is also the **guitarist for the Five Bone Rack**, an all-chef band that plays the annual Attack of the Killer Tomato Festival and Taste of Atlanta with covers of everything from 1970s classic rock to Nirvana.



DEAN FEARING

Call it a Texas two-step: This Dallas chef of Fearing's restaurant fame sidles from the kitchen to the stage to sing the blues and strum his guitar. In fact, he regularly **plays with three bands**: Sunset Palace, Lost Coyote and The Barbwires.



TOM COLICCHIO

The *Top Chef* judge **has a vintage guitar collection** and busts one out on occasion, as he did a few years ago at the New York Wine & Food Festival and, last year, at *Guitar Mash*, a benefit for young musicians.



DUFF GOLDMAN

You know this pastry chef from *Ace of Cakes*. But he used to dish out the emo hits in a band called Two Day Romance, then **played bass guitar** for the indie-punk-funk band Soihadto, and has now joined Foie Grock, an all-chef L.A. band that performs rock covers.



the fish baccala—"Mambo Italiano," *Dean Martin*.... You can say that I'm one in the box of the regular / Messing with the flavor, oh the flavor that you savor—"Too Much

Food," *Jason Mraz*.... Sweeter than candy on a stick / If you had a choice, he'd be your pick / but



is mine.—"Lollipop," *The Chordettes*.... I'll have some chowder, followed by



or



Food," *Jason Mraz*.... Sweeter than candy on a stick /



MAKING SOUND DECISIONS?

Music affects the way you buy, prep and even taste food. So the next time you're grocery shopping or cooking, take note of what you're doing, then decide, as hip-hop maestro Freeway would say: Did the beat make you do it?

AT THE SUPERMARKET

"Studies show that if we enjoy what we're hearing, we rate a store and its employees more favorably and find the products more desirable," says Nancy Harhut, CCO of the Wilde Agency, a behavioral science-based marketing group. Of course, "enjoyable" is a matter of taste that apparently varies geographically, so chains leave the deejaying decisions to the regional stores, who in turn lean on music agencies to deliver curated-by-location

playlists. "Studies also show that slow music seems to increase time spent shopping as well as sales," Harhut adds.

WHILE YOU'RE PREPPING

Not surprisingly, up-tempo tunes can speed your peeling, chopping, etc., says Charles Spence, a professor of experimental psychology at Oxford University, who studies food and sound. The cool corollary? Relaxing music can help you concentrate when you're trying to follow a complex recipe.

WHILE YOU'RE EATING

"The way we season and taste food is influenced by the music we're listening to," Spence says. Though experts don't yet know why, high-pitched, tinkly sounds can make food seem sweeter, while low-pitched sounds can bring out bitterness. Meanwhile, sweetness and saltiness can be suppressed by loud sounds. The differences are subtle—five to ten percent—but they're enough to make you keep reaching for the salt or sugar. —MANDY MAJOR AND SUZANNE GERBER

HAVE A BLAST!

Rock out while you bake, braise or baste with these kitchen-friendly speakers.

The Smart Tools for Mini iPad Set is part gadget holder and part speaker, so you can pull up your favorite recipes and tunes at the same time. \$160, williams-sonoma.com

Weighing in at just nine ounces, the Mini Jambox is smaller than a breadbox—or even a butter dish! So you can always find room for it somewhere in the kitchen.

\$130, jawbone.com

Use Bluetooth to sync your phone with the waterproof UE Boom 2, and you can tap the top of the speaker (instead of putting your ingredient-covered hands on your phone) to change songs.

\$200, bestbuy.com



“I probably have quite different eating patterns from most people when I’m on the road. I eat very late at night, after finishing a show. When I have a chance to go to a restaurant, I enjoy everything from ethnic to haute cuisine. Great cooking is great cooking.”

—SIR TOM JONES,
whose latest album is
Long Lost Suitcase



Seattle

Soulful, a bit rugged and fiercely independent. That's Seattle in a nutshell, whether you're talking music (this is the town that gave us Jimi Hendrix and Nirvana) or food (geoduck clams, anyone?). Even latte leviathan Starbucks began as a revolutionary little storefront in Pike Place Market. So *come as you are*, grab a doppio, then hit the next big thing: the city's Ballard neighborhood. BY PAM MANDEL



FUEL UP

The menu is filled with temptations (hamachi crudo with avocado puree, Persian cucumbers and chiles), but you can also ask the kitchen to surprise you at celeb chef Ethan Stowell's **Staple & Fancy**. ethanstowellrestaurants.com



CATCH A SHOW

Whether you want to see rock, nouveau folk or bluegrass, hit the **Tractor Tavern**. But a word to the wise: Shows often sell out, so get your tickets in advance and prepare for the ever-present line on the sidewalk. tractortavern.com



AFTER-PARTY

King's Hardware offers up, among other things, amazing Mezcal Mules made with Seattle-brewed Rachel's Ginger Beer. And once you're loosened up, head to the perfect-for-late-night skeeball area. kingsballard.com

SHORT ON TIME? GET FAB FOOD AND MUSIC UNDER ONE ROOF!

On The Triple Door's main stage, the acts vary from cabaret to rock to Hawaiian country fusion (yes, that's a thing), but the show is always guaranteed to be good—as is the Pacific Rim-inspired food. Try the satays, which pair perfectly with the ginger martini, among other Asian-inspired cocktails. thetripledoor.net

The Amazon Echo is hands-free: Ask Alexa (the cloud-based, Siri-like helper) to play your music of choice—or, for that matter, tell you how many tablespoons are in a cup. \$180, amazon.com

.... He cooked good



and



/ And I might have stayed on with him there / But my heart cried out for you California —“California,” Joni Mitchell



*I want
to be
a hairbrush.
Recycle me.»*



IWantToBeRecycled.org



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Every day people have a lot to say and we want to hear from you. Join now and you will share your opinions through occasional surveys and sample products before they're available in stores.

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Yum-o!

Launched in 2006, Rachael Ray's nonprofit organization empowers kids and their families to develop healthy relationships with food and cooking. By providing the tools to create easy, affordable and delicious meals, Yum-o! is changing the way America eats.

For more information visit Yum-o.org.



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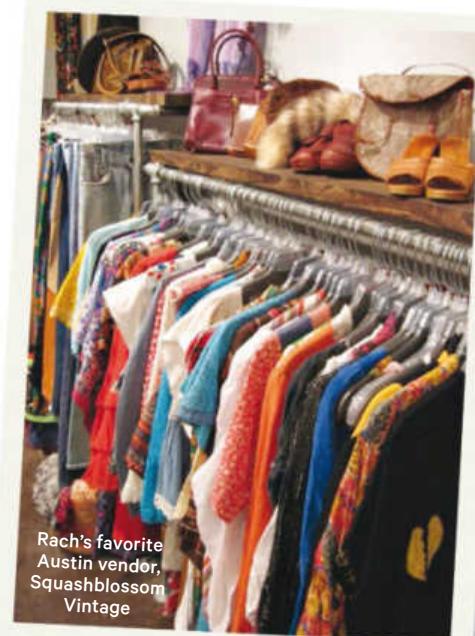


pinterest.com/RachaelRaymag

STYLE PICKS

Well worn!

Rachael's regular pilgrimages to Austin aren't just about music and food. Vintage-clothes shopping is a priority, too! Score a retro-inspired look for yourself with the help of her stylist Jane Harrison Fox.



Rach's favorite Austin vendor, Squashblossom Vintage



Rach also loves the retro Austin shop Feathers Boutique.



"Besides my Feedback party, my other great obsession in Austin is vintage shopping with all my girlfriends.

—Rachael Ray

1. On Chan Luu's **Skull Printed Bandana Scarf**, the faded look softens an edgy pattern. \$33, chanluu.com 2. The '70s-esque **Brooklyn Hat Company Ella Floppy Fedora** helps beat glare with flair. \$75, 800-367-3626 3. Summon your inner Janis/Joni/Jimi with the **Cremieux Lenore Blouse**. \$79, dillards.com 4. A hippie-chic guitar strap amps up the style on the **Steven Davey** bag. \$95, nordstrom.com 5. The **Jessica Simpson Collection Romancing the Stone Necklace** looks handed down from that globetrotting aunt who always adored you. \$58, jessicasimpson.com 6. "Distressed" seems the wrong term to use for jeans that look like they've had as much fun as these **BlankNYC Skinny Classique** jeans in Weekend Warrior. \$88, blanknyc.com 7. Kick it old school in Western-inspired **Very Volatile Oxford** boots. \$106, veryvolatileela.com

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LOOKING GOOD

Cheers to a gorgeous spring!

Champagnes and rosés are overflowing the glass this season and flooding the beauty aisle. You'll make a splash in any of the sheer, shimmery, universally flattering shades served up here!

BY ABBIE KOZOLCHYK | PHOTOGRAPHY BY J MUCKLE
PROP STYLING BY MARISSA GIMENO

A glimmery lash line makes you look bright-eyed stat. Try **Physicians Formula Shimmer Strips Extreme Shimmer Pencil + Smudger Trio** (one shown) in Glam Nude. (\$13, at drugstores)

Get a high-gleam smile with **Nars Lip Gloss** in Hot Sand. (\$26, nordstrom.com)

Lancôme My Parisian Pastels Shimmer Cube, which packs seven subtle shadows, blushes and highlighters in addition to the two shown here, is like diamond dust for your face. (\$59, lancome-usa.com)

Revlon Nail Enamel in Stunner puts sparkle at your fingertips. (\$5, at drugstores)

The **e.l.f. Illuminating Palette** lights up your skin with four shades, including the one here. (\$6, elfcosmetics.com)

It's the polish world's answer to the palest rosé: **Sally Hansen Complete Salon Manicure** in Arm Candy. (\$8, at drugstores)

Once its beads burst and turn serum-y on your skin, **Guerlain Météorites Primer** disguises unevenness with the faintest pink iridescence. (\$74, guerlain.com)

Sonia Kashuk Knock Out Beauty Skin Glow adds a rose-gold radiance to cheeks, eyes or anywhere else. (\$20, target.com)

Neutrogena MoistureSmooth Color Stick in Pink Nude goes on sheerer than it looks, leaving a light rosé layer. (\$8.50, at drugstores)



ROSÉ HAIR? SERIOUSLY?!

Yup, it's a thing. And however out-there it may seem, plenty of celebs are lapping up the look. To try it yourself, pick up the **L'Oréal Paris Féria** dye kit in Smokey Pink. (\$10, at drugstores)

CoverGirl TruNaked Shadow Palette in Roses comes with eight pretty pinks (two of which are shown here), from pale to purply. (\$13, at drugstores)



SHAKE UP THE
SNACKUS QUO.

Sure we made that word up.
But here are a few words we didn't.
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UNIQUE IN EVERY WAVE™

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COUNTER INTELLIGENCE

The real peel

Vegetable peelers come in all shapes and sizes, with different blades to tackle different jobs. See which of the 65 we tested are most... appealing!

STAY SHARP

Keep your peeler as sharp as a saw: When it gets dull, run it along the same honing steel you use for your knives.



The FAMILY Table



Dinner is the perfect time to gather the family around the table and create lasting memories together.



So have some fun. Explore sausage recipes and stories on the Jimmy Dean Family Table.

jimmydean.com/familytable



COUNTER INTELLIGENCE

Blades of glory

Our test kitchen pros sliced through pounds of produce to find which peelers made the cut for common tasks. Behold, their five favorites!



SIMPLE STRAIGHT EDGE

The **Original Swiss Peeler** is what many culinary students get in their knife kits, and for good reason: It's durable and inexpensive, and it glides like butter through firm produce like carrots and potatoes. \$4, kuhnrikonshop.com

SERRATED SLICER

Serrated peelers easily remove skins from tomatoes, plums and more. The **Soft Skin Fruit and Tomato Peeler** has an ergonomic handle, and its blade peeled tomatoes most precisely. \$9, zyliss.com

CERAMIC STRAIGHT EDGE

Test kitchen associate Charles Grayauskie loves ceramic-blade peelers because they resist dulling, won't rust and inhibit the oxidation that turns foods brown, a common problem with metal blades. He fell for this **Vertical Double Edge Peeler** because it peels on its way down and back up for extra efficiency. \$12, kyoceraadvancedceramics.com

TWO-IN-ONE TOOL

The **Peel 'n Slide Double Sided Peeler** features a straight blade for firm vegetables and a serrated one for soft-skinned produce. Our testers also appreciated that it has a handy potato-eye remover on each side. \$8, casabella.com

WHO KNEW? Ever wonder what the box on this iconic metal peeler is? A bean slicer! You push a green bean through the blades to french it (cut it into thin strips). Time for a casserole!

PHOTOS BY PETER ARDITO. FOOD STYLING BY MICHELLE GATTON.



Jenny's

Cheesy Stuffed SAUSAGE Pasta Bake



Cheesy Stuffed Sausage Pasta Bake

Prep Time: 15 minutes Bake Time: 30 minutes Makes: 8 Servings

Ingredients:

- 1 lb rigatoni or penne pasta
- 1 pkg. Jimmy Dean® Regular Flavor Pork Sausage Roll
- 1 jar (24 oz) spaghetti sauce
- 2 tsp dried Italian seasoning
- 1/2 tsp salt
- 1 container (15 oz) ricotta cheese
- 2 cups (8 oz) shredded mozzarella cheese, divided
- 3 tbsp grated Parmesan cheese
- 2 tbsp chopped fresh parsley, optional

Directions:

- 1.) Preheat oven to 350°F. Cook pasta and reserve from heat 1 min. before suggested cook time; drain and set aside.
- 2.) Cook and stir sausage in large skillet over med-high heat 8-10 minutes or until thoroughly cooked. Drain and return to skillet. Stir in sauce, Italian seasoning, salt and cooked pasta. Layer half of pasta mixture in a greased 13x9-inch baking dish.
- 3.) Mix ricotta and 1 cup of mozzarella and Parmesan cheese. Spread over pasta. Top with remaining pasta and mozzarella cheese. Sprinkle with parsley.
- 4.) Bake for 30 mins or until hot and cheese is melted.

JENNY FLAKE OF PICKY PALATE CREATED THIS RECIPE BY PUTTING TOGETHER A FEW OF HER CHILDREN'S FAVORITE THINGS. NOW IT'S A STAPLE AROUND HER TABLE THAT BRINGS THE WHOLE FAMILY TOGETHER.

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Of all the things that change as you get older, one thing stays the same: the great taste of Little Debbie. That moist, delicious cake with sweet creme filling has been around for generations, and it's as tasty today as it was when you were a kid. So go ahead. Treat yourself. Because you're never too old to enjoy the great taste of Little Debbie.





SUPERMARKET SMARTS

Card tricks

The key to cutting your grocery budget is probably already on your keychain. Put those loyalty cards to work to save major moola!

Go digital

Use Key Ring, a free app, to get exclusive coupons at more than 100 stores and chains (recent deals include a dollar off soap and plastic bags) and consolidate all your cards in one place. To use, simply scan your cards into the app, then show your phone at the checkout.

Make a deal

Heads up, produce-lovers! Fruits and veggies rarely go on sale, but Teri Gault, CEO of savings site thegrocerygame.com, has a tip to score bargains: Download your supermarket's app, link it to your loyalty card and receive discounts based on what you've bought (like your fave organic lettuce).

Fill it up

The more you spend at some supermarkets, the more you save at the pump. Several major chains, like Kroger and Stop & Shop, offer gas rewards, which accumulate on your loyalty card. For example, spend \$200 at Safeway and get 20¢ off per gallon on a fill-up at Chevron.

Cash out

Find rebates by connecting your card to the free Ibotta app, in which brands offer bargains in exchange for your attention. Pick your store, choose which items you'd like to buy, complete a quick task (like watching a video) and buy the item using your card. Then get paid via PayPal.



SNACK STARS

Jerk of art

In the last five years, people have been eating 18 percent more jerky. Come and meat our new faves!



PORK

Epic Bacon Lust Mix (\$4.99) is a crazy-delicious trail mix with pepitas, nuts, dried cranberries, sweet potato chips—and little nuggets of bacon jerky. Talk about happy trails!



BEEF

The New Primal Beef Stick (\$1.99) looks like your typical preservative-laden convenience-store beef stick, but unwrap it to find a super-savory, chewy snack made with grass-fed beef.



CHICKEN

Spicy Chef's Cut Buffalo Style Chicken Jerky (\$5.99) will make you feel like it's game time even when you're miles from the nearest sports bar. (BYO celery sticks and blue cheese sauce.)



LAMB

Sophisticated snackers, grab a **Wild Zora Lamb & Veggie Bar with Rosemary and Spinach** (\$3.39). It's packed with lamb, apricots, oregano and rosemary—a lot of flavor for a one-ounce bar! —CM

CHECKOUT!

We sampled 107 products to bring you the best of what's brand new on shelves! **BY GRACE RASMUS**

Look closely—there's bacon jerky in here!



BATTLE OF THE...

Ricottas

Looking for the creamiest, dreamiest ricotta? Here's the scoop!

BY ANANDA EIDELSTEIN

Store-bought

In cooked dishes, a tub from the dairy case works fine, particularly if you can find fresh, locally made versions, which tend to be richer than mass brands. Check the label for gums and stabilizers, though, which can detract from the ricotta's milky flavor.

PREP

0 minutes **25-30** minutes

PRICE

\$1.82 per cup **\$1.53** per cup

Homemade

If you're using ricotta straight, like on crostini, making it yourself is worth the time. Yes, you'll save a few pennies, but the real draw is the bright flavor. Reserve the whey (the liquid that's left after the ricotta drains) and blend it into smoothies for a protein boost.

CHEESE, PLEASE! In a large pot, combine 4 cups whole milk, 1 cup buttermilk and 1 tsp. salt. Stir constantly over medium-high until it boils. Reduce the heat to low; stop stirring and cook 2 minutes. Remove from heat, cover and let stand 10 minutes. Line a colander with 3 layers of cheesecloth; place over a bowl. Gently scoop the curds into the colander. Let drain 1 minute.

"Plenti Oatmeal Meets Greek Yogurt (\$1.59) turns my two favorite breakfasts into one protein-packed meal." —Hollis Yungblut, production manager

"Sure, Plum Organics Chicken Bites (\$4.49) are meant for kids, but I'm going to serve these meatballs as a party app." —Samantha Ulban, associate photo editor

"The Republic of Tea Biodynamic Chamomile Honey Tea (\$13.00) is calming and just sweet enough; it's the perfect bedtime treat." —Alexa Weibel, food editor





Freezer fresh

Technically, it's spring (as of March 20!), but the produce section didn't get the memo. Perk up your meals with frozen foods that give fresh ones a run for their money. —AE

FROZEN WILD BLUEBERRIES

"Tiny wild blueberries have mighty big flavor. I keep a three-pound bag in my freezer for smoothies, pancakes and cocktails!" —Nina Elder, executive food editor

TRY THIS > BLUEBERRY-GINGER FROZEN YOGURT In a blender, mix vanilla frozen yogurt, a few handfuls frozen wild blueberries and grated fresh ginger. Freeze until firm, 4 hours. Top with crystallized ginger.

FROZEN ARTICHOKE HEARTS

"The texture and flavor are just as good as fresh—and they're so much easier to work with!" —Dana Bowen, executive editor

TRY THIS > LAMB CHOPS WITH ROSEMARY ARTICHOKE In a skillet, brown lamb loin chops in oil over medium-high, 6 minutes. Turn chops; add thawed artichoke hearts, rosemary sprigs and crushed garlic. Season; cook 6 minutes. Stir artichokes, then reduce heat to medium-low and cook to desired doneness, 6 to 8 minutes for medium-rare. Add a dab of butter; stir to coat artichokes.



FROZEN FIRE-ROASTED CORN

"By March, I really miss the taste of sweet summer corn. Fire-roasted frozen corn helps me get my fix, with an extra hit of smoky flavor." —Charles Grayauskie, test kitchen associate

TRY THIS > FIRE-ROASTED CORN MUFFINS Prepare corn bread mix according to package directions. Stir in some thawed frozen fire-roasted corn, shredded Monterey jack and diced jalapeño. Bake according to package directions.

FROZEN PEAS

"These little morsels are reliably sweet and tender. I choose them even when fresh peas are in season, because the fresh ones get starchy pretty quickly." —Janet Taylor McCracken, test kitchen director

TRY THIS > SWEET PEA & MINT SOUP In a pot, cook 2 parts frozen sweet peas to 1 part chicken stock over medium until tender, 10 minutes. Puree in blender with a small handful fresh mint; season. Top with sour cream.



"Garden Lites Broccoli & Brown Rice Veggie Bites" (\$3.99) taste like something you'd eat at a bar, except in this case, you wouldn't end up regretting that decision." —Abbie Kozolchyk, beauty and travel director



*"Finally, a bar that isn't sweet! I'm keeping **Mediterra Kale & Pumpkin Seeds Savory Nutrition Bars** (\$1.99) in my desk for when I need a salty snack."* —Grace Rasmus, editorial assistant



"Dang Foods Chipotle Garlic Onion Chips" (\$4.99) are like a crunchy, spicy blooming onion in a bag, with much less fat and 4 grams of fiber. Dang, indeed!" —Ananda Eidelstein, editorial assistant



THEY'RE BACK!

Sippin' it old-school

A round of retired sodas and seltzers has returned for a second shot, including **Original New York Seltzer**; Coca-Cola's citrus soda, **Surge**; and **Norka**, an Ohio-based cult favorite. Customer demand on social media helped revive them, as did the brands' desire to cash in on nostalgia. Now you really can party like it's 1999.

—MICHAEL POMRANZ



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*Voted Most Trusted Egg Brand by American shoppers. Based on the 2015 BrandSpark/Better Homes and Gardens American Shopper Study.



egglandsbest.com



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Pie for dinner!

Who says pie is just for dessert? At less than \$3 per serving, these savory suppers are a sweet deal.

EASY
PIECRUST
COVER-UP!
PAGE 102

Chicken & Kale Pot Pie

SERVES 4 PREP 20 min
COOK 45 min

4 tbsp. butter
3 shallots, minced
1/4 lb. kale, stems removed
and leaves thinly sliced
4 cloves garlic, minced
2 tbsp. minced thyme
3 tbsp. plus **1 1/2** tsp. flour
1 1/2 cups chicken stock
1/2 cup heavy cream
1/8 tsp. ground nutmeg
1/2 rotisserie chicken, skin
discarded, meat removed and
cut into bite-size pieces
1/4 lb. celery root (or
parsnips), peeled and cut
into **1/3**-inch cubes
1/4 lb. carrots—peeled,
quartered lengthwise and
chopped into **1/3**-inch pieces
2 refrigerated 9-inch piecrusts

1. Preheat the oven to 425°. In a large pot, melt the butter over medium-low heat. Add the shallots and cook, stirring occasionally, until they start to soften, about 3 minutes. Stir in the kale, garlic and thyme; season with salt and pepper. Cook, stirring occasionally,

until the kale wilts, about 2 minutes. Sprinkle with the flour and cook, stirring, until blended, 2 minutes.

2. Stir in the stock, cream and nutmeg. Cook over medium heat, stirring occasionally, until the sauce is thickened, 4 to 5 minutes; season. Off heat, stir in the chicken, celery root and carrots; season.

3. Transfer 1 piecrust to a 9-inch pie pan, allowing the excess dough to hang over the rim. Fill with the chicken mixture; top with the remaining piecrust.

Trim the excess crust, then press the edges together to seal. Using the tines of a fork, crimp the edges of the crust. Using a small, sharp knife, cut 5 slits in the center to allow steam to escape. Place the pie pan on a rimmed baking sheet to catch any spillover. Bake until the crust is golden, covering the edges with foil if browning too quickly, 30 to 40 minutes. Let stand 5 minutes before serving.



\$2.64
PER PERSON

\$1.80
PER PERSON

Indian-Spiced Mini Shepherd's Pies

MAKES 4 PREP 15 min

COOK 25 min

2 lbs. russet potatoes, peeled and coarsely chopped
6 tbsp. butter
1/2 lb. carrots—peeled, quartered lengthwise and chopped
1 large red onion, chopped
1 can (15 oz.) lentils
1 cup canned crushed tomatoes
2 tbsp. minced fresh ginger
1 1/2 tsp. garam masala
1 cup frozen peas
1/2 cup plain whole-milk yogurt
1 tbsp. chopped fresh chives

1. Preheat the oven to 425°. In a large pot, cover the potatoes with 2 inches of water. Bring to a boil, salt the water and reduce the heat to medium. Cook until tender, about 12 minutes.

2. Meanwhile, in a large skillet, melt 1 tbsp. butter over medium-high heat. Add the carrots and onion and cook, stirring occasionally, until the vegetables start to soften, about 5 minutes; season with salt and pepper. Stir in the lentils, tomatoes, ginger and garam masala. Cook, stirring occasionally, until the sauce thickens, 3 to 5 minutes. Stir in the peas, season and transfer to four 2-cup ramekins.

3. Drain the potatoes; return to the pot. Add the yogurt and remaining 5 tbsp. butter. Mash until smooth; season. Divide the mashed potatoes among the ramekins, spreading them over the vegetables. Bake until golden in spots, 10 to 15 minutes. Sprinkle with the chives.



Italian Slab Pie

SERVES 4 PREP 10 min
COOK 30 min

3 tsp. olive oil
3/4 lb. spicy Italian pork sausage, casings removed
1/2 large bulb fennel, finely chopped
3 cloves garlic, minced
1 egg
Flour, for dusting
2 sheets (one 17.3-oz. package) frozen puff pastry, thawed
2/3 cup ricotta
1/3 cup jarred marinara sauce
1/2 cup packed basil leaves, sliced

1. Preheat the oven to 425°. In a large skillet, heat 1½ tsp. olive oil over medium-high. Add the sausage and cook, breaking up with a spoon, until browned, about 4 minutes; transfer to a plate.
2. Reduce the heat to low. Add the fennel, garlic and the remaining 1½ tsp. oil; season with salt and pepper. Cover and cook, stirring occasionally, until the vegetables soften, 5 to 7 minutes.
3. In a small bowl, beat the egg with 1 tsp. water. On a lightly floured surface, roll each puff pastry sheet into a 10-by-12-inch rectangle.
4. Transfer 1 sheet to a parchment-lined baking sheet. Top with an even

layer of the sausage, then the vegetable mixture, leaving a 1-inch border. Using a tablespoon, dot with the ricotta, then drizzle with the marinara and sprinkle with half the basil. Brush the dough border with the egg and top with the remaining puff pastry, lining up the edges and pressing to seal. Brush the top with egg, then use the tines of a fork to crimp the edges. Cut 4 slits in the top to allow steam to escape. Bake until the pastry is puffed and golden, 20 to 30 minutes. Sprinkle with the remaining basil.

\$2.81
PER PERSON





\$2.25
PER PERSON

Tex-Mex Skillet Pie

SERVES 4 PREP 15 min
COOK 25 min

1 package (8.5 oz.) corn
muffin mix
1/3 cup milk
1 egg
1 tbsp. minced seeded jalapeño
1 tbsp. plus 1½ tsp. canola oil
3/4 lb. sweet potatoes, peeled and
cut into 1½-inch cubes
1 medium red onion, chopped
1/2 lb. boneless beef chuck, cut
into 1½-inch cubes
1 can (14.5 oz.) diced tomatoes
with juices
1 cup drained canned corn
1 cup chopped fresh cilantro
1 small canned chipotle in adobo,
minced, plus 2 tsp. adobo sauce

1. Preheat the oven to 425°. In a large bowl, stir the corn muffin mix, milk, egg and jalapeño until just combined.

2. Brush the bottom and sides of a large cast-iron skillet with 1 tbsp. oil; heat over high. Add the sweet potatoes and onion; season with salt and pepper. Cook, stirring often, until the vegetables soften, about 3 minutes; transfer to a medium bowl.

3. In the same skillet, heat the remaining 1½ tsp. oil over medium-high. Add the beef, season and cook until browned, about 3 minutes. Off heat, stir in the tomatoes and their juices, the corn, cilantro, chipotle, adobo sauce and the sweet potato mixture; season.

4. Spread the mixture evenly in the skillet; top with the muffin batter, leaving a 2-inch border. Bake until the cornbread is golden and a tester inserted in its center comes out clean, 15 to 18 minutes.

Ham & Leek Hand Pies

MAKES 4 PREP 10 min COOK 20 min

Flour, for dusting
1 package (8 oz.)
crescent roll dough
1 egg
2 tbsp. butter
3 large leeks—trimmed, halved
lengthwise and thinly sliced,
white and pale-green parts
only (about 5 cups)
1 package (8 oz.) diced ham
2 cloves garlic, minced
1 tsp. minced fresh rosemary
3/4 tsp. Dijon mustard
4 oz. cream cheese, at room
temperature

1. Preheat the oven to 425°. On a lightly floured surface, cut the dough into 4 rectangles, pressing the perforated seams together to seal. Roll out each rectangle to form a 6-inch square and transfer to a parchment-lined baking sheet; refrigerate while you make the filling. In a small bowl, whisk the egg with 1 tsp. water.
2. In a large skillet, melt the butter over low. Add the leeks; season with salt and pepper. Cover and cook until the leeks soften, about 7 minutes. Off heat, stir in the ham, garlic, rosemary and mustard; season.
3. Dot the cream cheese on the dough squares, leaving a 1-inch border; top with the leek mixture. Fold the points of each square into the center, pinching the tips together to seal. Brush the pastry with the egg. Bake until puffed and golden, 10 to 12 minutes.

» WANT YOUR RECEIPT?

For a detailed pricing breakdown for each recipe, go to RachaelRayMag.com/receipt.

\$2.45
PER PERSON



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March

COZY, CASUAL 30-MINUTE MEALS P. 74 • THE #1 WAY TO MAKE HEALTHY EATING EASY P. 84
RACHAEL'S STEP-BY-STEP PIZZA-AT-HOME GUIDE! P. 92



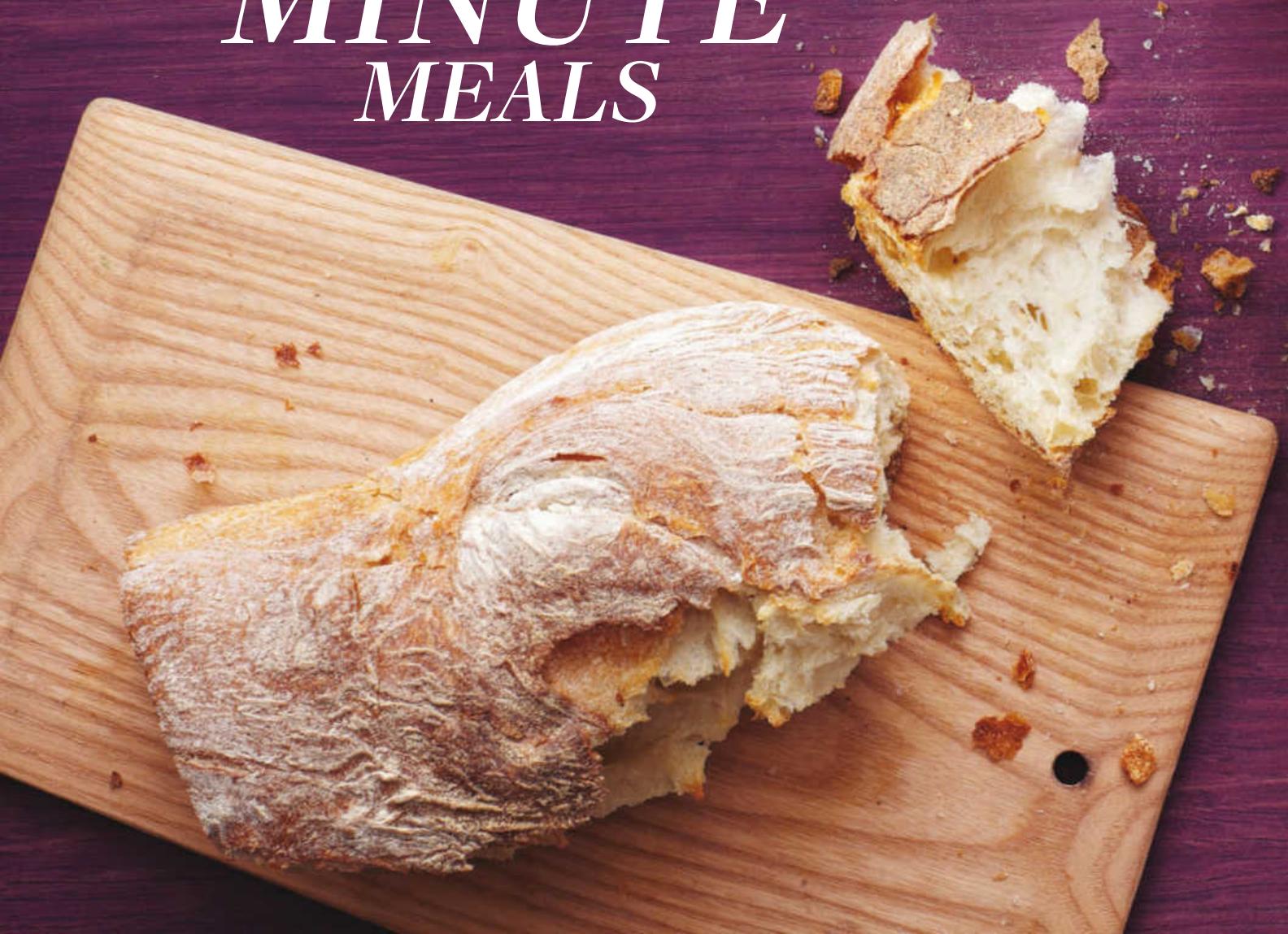
**Take
a bite
outta
life!**

—Rachael Ray

This month, cozy up to a hearty fish dinner, meaty mains, burritos (three ways!) and lots more.

30 MINUTE MEALS

BY
Rachael
Ray





Cod in
Puttanesca
Sauce
(recipe,
page 77)



Fried Chicken Thighs & Cheesy Grits with Green Onions SERVES 4

1 cup buttermilk
1 tbsp. hot sauce, preferably Frank's RedHot, plus more for passing at the table
8 boneless, skinless chicken thighs
Vegetable oil, for frying
1 cup flour
1 tsp. granulated garlic
1/2 tsp. cayenne or hot paprika
1/2 tsp. ground cumin
1/8 tsp. ground allspice
Salt and pepper
3 cups chicken stock
1 cup medium to coarsely ground yellow corn grits or cornmeal
A little freshly grated or ground nutmeg
2 tbsp. butter

About 2 tsp. honey, plus more for passing at the table
1 1/2 cups shredded sharp cheddar
1 bunch scallions, whites and greens, finely chopped
► Preheat the oven to 200°. Place a metal rack inside a rimmed baking sheet.
► In a large bowl, combine the buttermilk and 1 tbsp. hot sauce. Add the chicken and turn to coat; let soak.
► In a large, deep skillet or Dutch oven, heat 2 inches of oil over medium until it

reaches 360° (or use an electric tabletop fryer according to manufacturer's instructions).
► In another large bowl, combine the flour and spices; season with salt and pepper.
► Working in 2 batches, lift the chicken, 1 piece at a time, from the buttermilk, allowing excess to drip back into the bowl, then dredge in the flour, turning to coat. Fry, turning once, until golden brown and cooked through, about 5 minutes per batch. Transfer to the prepared baking sheet; keep warm in the oven.

► Meanwhile, in a medium saucepan, heat the stock over medium. In a bowl, season the grits with nutmeg, salt and pepper. Stir in 1 cup water, then add to the pan with the hot stock. Cook, stirring often, until the grits are tender, 12 to 15 minutes. Add the butter and 2 tsp. honey, then the cheese and scallions.
► Divide the grits among 4 shallow bowls; top with the fried chicken. Pass hot sauce and honey at the table.

Cod in Puttanesca Sauce SERVES 4

When buying sweet, meaty San Marzano tomatoes, look for D.O.P. on the label so you know you're getting the real thing, straight from Italy.

3 **tbsp.** **olive oil**
6 **anchovy fillets, chopped**
2-3 **large cloves garlic, thinly sliced**
1 **small red chile, such as finger or Fresno chile, seeded and chopped, or 1 tsp. crushed red pepper**
A handful (1/4 to 1/3 cup) **oil-cured black olives, pitted and chopped**
3 **tbsp. capers, drained, or if salted, soaked and rinsed twice**
1 **can (28 oz.) plum tomatoes, preferably San Marzano, and their juices**
1/2 **cup dry vermouth**
A handful flat-leaf parsley, chopped
A few basil leaves, torn
4 **fillets (6 to 8 oz. each) cod or another sustainable white fish, cut from the thickest part of the fillet**
Salt and pepper
Ciabatta bread

- Preheat the oven to 350°.
- In a large, deep skillet with a lid, heat the oil,

three turns of the pan, over medium. Add the anchovies; stir until they melt into the oil, about 1 minute. Reduce heat to medium-low; stir in the garlic and chile. Stir until fragrant, about 1 minute. Add the olives and capers; increase heat to medium-high. Add the tomatoes and vermouth, breaking up tomatoes with a spoon. Simmer until the flavors combine, about 5 minutes; add the herbs. Season the cod with salt and pepper, then add to the sauce. Cover; reduce heat to medium. Simmer until the fish is opaque and just cooked through, 7 to 8 minutes.

➤ While the fish is cooking, warm the bread in the oven until crispy on the outside, about 5 minutes.

➤ Divide the cod and sauce among 4 shallow bowls. Serve with the bread.



Chicken & Vegetable Tagliatelle SERVES 4 to 6

Think chicken noodle soup, but with more noodles, less broth—and some cheese!

2 **tbsp. olive oil**
4 **bone-in, skin-on chicken thighs**
Salt and pepper
2 **carrots, grated on the large side of box grater, or finely chopped**
1 **onion, finely chopped**
2 **ribs celery with leafy tops, finely chopped**
1 **small potato, peeled, then grated or finely chopped**
4 **cloves garlic, chopped**
1 **cup chicken stock**
A small handful flat-leaf parsley, finely chopped
1 **lb. egg tagliatelle**
A handful grated Grana Padano or Parmigiano-Reggiano, plus more for passing at the table
EVOO, for drizzling

- Preheat the oven to 375°.
- Bring a large pot of water to a boil for the pasta.
- In a large skillet, heat the oil, two turns of the pan, over medium-high. Season the chicken with salt and pepper; add to the skillet, skin side down. Cook until the skin is crispy and the chicken is golden, 4 to 5 minutes per side; transfer to a baking sheet

(reserve the skillet) and bake until cooked through, about 5 minutes. Let the chicken rest while you make the sauce.

➤ Add the vegetables and garlic to the skillet; season and cook, stirring often, until soft, 8 to 10 minutes. Add the stock and simmer, using a fork to coarsely mash the vegetables. Add the parsley.

➤ Remove the skin and bones from the chicken; thinly slice.

➤ Salt the boiling water, add the pasta and cook to al dente. Add half a mug of the starchy cooking water to the sauce. Drain the pasta; toss with the sauce, the chicken, a handful of cheese and a fat drizzle of EVOO. Serve in shallow bowls, passing more cheese.





Sliced Steak & Spaghetti with Pepper Sauce SERVES 4

2 boneless ribeye steaks, 1 to 1½ inches thick, or strip steaks, at room temperature
2 tbsp. olive oil, plus more for drizzling
2 tbsp. fresh rosemary leaves, finely chopped
6 cloves garlic, finely chopped
 Kosher salt and coarsely ground black pepper
4 cubanelle peppers, mild frying peppers or small bell peppers, seeded and finely chopped
4 red finger chiles and/or red or green jalapeños, seeded and finely chopped
1 small red onion, finely chopped
½ tsp. dried oregano
3 fat tbsp. sun-dried tomato paste
½ cup dry red or white wine
1-½ cups chicken stock
12 oz. spaghetti
 Grated pecorino, plus shaved pecorino for serving
 A fat handful flat-leaf parsley, chopped
 EVOO, for drizzling
 A few handfuls baby kale or arugula
1 lemon, halved

► Preheat the oven to 350°.
 ► Bring a large pot of water to a boil for the spaghetti.
 ► Heat a medium cast-iron skillet over medium-high. Coat the steaks with a fat drizzle of olive oil, sprinkle with the rosemary and a third of the garlic; season with kosher salt and coarsely ground black pepper. Add the steaks to the skillet and cook until browned on both sides, 3 to 4 minutes per side. Using tongs, tilt the steaks to brown the edges. Transfer the skillet to the oven and roast until an instant-read thermometer inserted into the centers of the steaks registers 135°, 10 to 12 minutes. Let rest on a carving board.
 ► Meanwhile, in a large skillet, heat 2 tbsp. oil, two turns of the pan, over medium-high. Add the peppers, chiles, onion, oregano and the remaining garlic; season. Cook, stirring often, until vegetables are softened, 5 to 7 minutes. Add the tomato paste and cook, stirring constantly, until dark red, about 1 minute. Add the wine; cook, stirring constantly, until evaporated, about 1 minute. Add the stock to the sauce; simmer, stirring often, until reduced by half, about 8 minutes. Reduce the heat to low.
 ► Salt the boiling water, add the spaghetti and cook to al dente. Add half a mug of the starchy cooking water to the sauce. Drain the spaghetti. Add the spaghetti, grated cheese and parsley to the sauce; toss to coat. Drizzle with EVOO.
 ► Slice the steaks ¼ inch thick, divide among 4 plates and top with some greens and the shaved cheese; douse with the juice of the halved lemon. Serve the spaghetti alongside the sliced steak or in separate small, shallow bowls.





Creamed Spinach Baked Eggs SERVES 4

2 tbsp. **olive oil**
2 large **shallots**, chopped
4 large **cloves** **garlic**, chopped
1 cup **vegetable or chicken stock**
1 bag (16 oz.) **frozen**
chopped **spinach**, thawed and drained well
4 oz. **fresh** **baby kale or spinach**
Salt and pepper
Freshly grated or ground nutmeg
1 package (5.2 oz.) **Boursin**
Garlic & Fine Herbs **cheese**
1/4 cup **cream or half-and-half**

4 extra-large Araucana or best-quality cage-free eggs
1 cup **grated Fontina Val d'Aosta or Gruyère**
A handful **grated Parmigiano-Reggiano or Grana Padano**
Charred bread or ciabatta rolls, for dunking and mopping

► Preheat the oven to 375°.
► Heat a medium cast-iron or other ovenproof skillet over medium. Add the oil, two turns of the pan. Add the shallots and garlic; cook,

stirring often, until aromatic, 2 to 3 minutes. Add the stock and bring to a bubble. Add the spinach and cook, stirring often, until heated through, about 1 minute. Add the baby kale and stir until wilted, 1 to 2 minutes; season with salt, pepper and nutmeg. Add the Boursin and stir until melted, 2 to 3 minutes. Add the cream and simmer until the mixture thickens a bit, 2 to 3 minutes. Crack the eggs, 1 at a time, into a ramekin or small bowl

to check for shells, then carefully add the eggs to the skillet, spacing them apart evenly and nestling them in the creamed spinach. Top with the cheeses and bake until the egg whites are set but the yolks are still runny, about 10 minutes or until set to your liking. Serve from the skillet, scooping into shallow bowls. Serve with bread for dipping.



BRINGING
BACK THE
BURRITO!

Arroz con Pollo & Chorizo Burritos

MAKES 6 to 8

Wrap leftover burritos in parchment, put them in resealable plastic bags and freeze. Reheat them in the microwave for 3 to 4 minutes, or in the oven wrapped in foil at 350° for about 30 minutes.

2 **tbsp.** **olive oil**
1 **tbsp.** **butter**
1 **cup** **long-grain white rice**
1½ **cups** **chicken stock**
A fat pinch of saffron
(24 to 30 threads)
Salt and pepper
1 **jar** (4 oz.) **diced pimientos**,
drained
A handful flat-leaf parsley
or cilantro, chopped
1 **lb.** **ground chicken**
1 **tbsp.** **paprika**
1 **small onion**, **finely chopped**

4 **cloves garlic**, **chopped**
½ **lb.** **cured chorizo**, **preferably**
Gaspar's or D'Artagnan
brand, **casings removed**,
chorizo coarsely grated or
finely chopped
½ **cup** **dry sherry or white wine**
2 **tbsp.** **fresh thyme**, **chopped**
6–8 **large flour tortillas**
½ **lb.** **Manchego**, **shredded**
Natural olive oil cooking
spray
► In a medium saucepan, heat 1 **tbsp.** oil, one turn of the pan, over medium-high. Melt in the butter. Add the rice; stir until golden, 1 to 2 minutes.
► Add the stock and saffron; season with salt and pepper.

Cover, reduce the heat to low and cook until just tender, shaking the pan occasionally, about 15 minutes. Remove from the heat and let stand 2 to 3 minutes. Fluff with a fork. Add the pimientos and parsley, and toss to combine.
► In a large skillet, heat the remaining 1 **tbsp.** oil, one turn of the pan. Add the chicken and cook, breaking up with a spoon, until browned, about 5 minutes. Add the paprika; season. Stir about a minute. Add the onion and garlic; stir until softened, about 2 minutes. Add the chorizo; cook until heated through, about 2 minutes more. Add

the sherry and thyme; stir until evaporated, about 2 minutes. Remove from heat.

► If the tortillas are stiff, wrap them in a towel and microwave for a few seconds.

► Pile some rice on the lower third of each tortilla, leaving a 2-inch border on either side. Top the rice with the cheese and the chicken mixture. Fold in the sides, then roll up tightly.

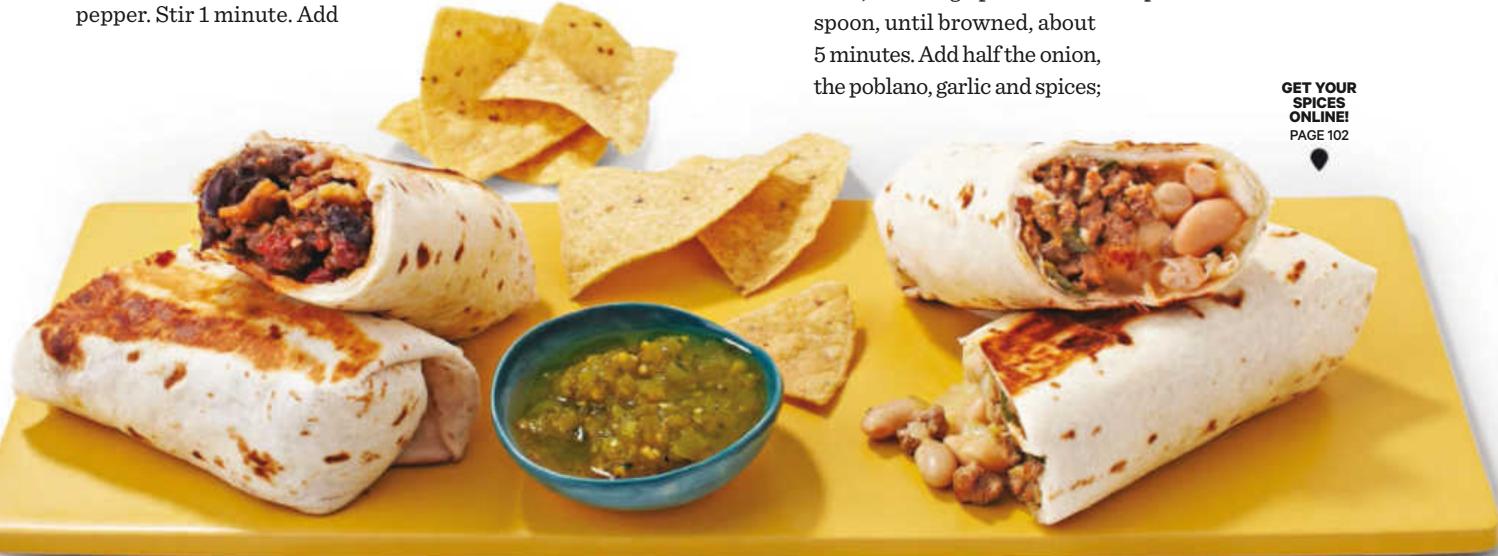
► Heat a large skillet or griddle over medium-high. Spray the burritos with cooking spray; place in the skillet, seam side down, and cook until crispy and browned, about 2 minutes per side. Cut in half.

Beef & Fried Black Bean Fritos Burritos MAKES 6 to 8

2 **tbsp.** **canola or olive oil**
1½ **lbs.** **ground sirloin**
1 fat **tbsp.** **chili powder, preferably Gebhardt**
1 tbsp. **ground coriander**
1 tbsp. **ground cumin**
1 tsp. **dried oregano, preferably Mexican oregano**
Salt and pepper
1 **small onion, finely chopped**
3 **cloves garlic, finely chopped**
1 **large jalapeño, seeded and finely chopped**
1 **can (10 to 14.5 oz.) canned tomatoes with chilies, such as Ro-Tel**
½ **cup beef stock**
½ **cup light lager**
2 **tbsp.** **Worcestershire sauce**
6 **slices meaty, smoky bacon, finely chopped**
2 **cans (14 to 15 oz.) black beans, drained**
6-8 **large flour tortillas**
2½ **cups shredded sharp yellow cheddar**
A couple cups corn chips, preferably Fritos
Natural olive oil cooking spray

► Heat a large skillet over medium-high. Add 1 tbsp. oil, one turn of the pan. Add the beef; cook, breaking up with a spoon, until browned, about 5 minutes. Add the spices; season with salt and pepper. Stir 1 minute. Add

the onion, garlic and jalapeño; cook, stirring often, until soft, 7 to 8 minutes. Add the tomatoes, stock, beer and Worcestershire; simmer until thickened slightly, about 15 minutes.
 ► Meanwhile, in a small skillet, heat the remaining 1 tbsp. oil, one turn of the pan, over medium-high. Add the bacon; cook, stirring often, until crispy, about 8 minutes. Add the beans and fry, mashing with a fork, until hot, 2 to 3 minutes.
 ► If the tortillas are stiff, wrap them in a towel and microwave for a few seconds.
 ► Pile some of the beef mixture on the lower third of each tortilla, leaving a 2-inch border on either side. Top with the cheese, corn chips and beans. Fold in the sides, then roll up tightly.
 ► Heat a large skillet or griddle over medium-high. Spray the burritos with cooking spray; place in the skillet, seam side down, and cook until crispy and browned, about 2 minutes per side. Cut in half.



White Chili Burritos MAKES 6 to 8

For authentic Tex-Mex flavor, you can buy New Mexican green chile powder at thespicehouse.com.

2 **tbsp.** **olive oil**
1½ **lbs.** **ground turkey or turkey breast**
1 **onion, finely chopped**
1 **poblano or mild green pepper, finely chopped**
2-3 **cloves garlic, chopped**
1 **tbsp.** **ground coriander**
1 **tbsp.** **ground cumin**
1 **tbsp.** **New Mexican green chile powder or mild chile powder, such as ancho**
Salt and pepper
½ **cup turkey or chicken stock**
2 **tbsp.** **Worcestershire sauce**
2 **oz.** **cream cheese (4 tbsp.), cut into small pieces, or ¼ cup sour cream or crème fraîche**
1 **rib celery, finely chopped**
2 **cans (14 to 15 oz.) white beans, drained**
1 **tbsp.** **fresh thyme, chopped**
Green hot sauce, such as Bronx Hot Sauce (bronxhotsauce.com), or jalapeño Tabasco

6-8 **large flour tortillas**
½ **lb.** **pepper jack, shredded**
Natural olive oil cooking spray
 ► Heat a large skillet over medium-high. Add 1 tbsp. oil, one turn of the pan. Add the ground turkey and cook, breaking up with a spoon, until browned, about 5 minutes. Add half the onion, the poblano, garlic and spices;

season with salt and pepper. Cook, stirring often, until soft, 7 to 8 minutes. Add the stock and Worcestershire. Cook until the liquid is absorbed, about 10 minutes. Stir in the cream cheese and remove from the heat.

► In a small skillet, heat the remaining 1 tbsp. oil, one turn of the pan, over medium-high. Add the celery and remaining onion; season and cook, stirring often, until soft, 2 to 3 minutes. Add the beans and thyme; cook, stirring often, until warm, 2 to 3 minutes. Add the green hot sauce to taste. ► If the tortillas are stiff, wrap them in a towel and microwave for a few seconds. ► Pile some of the turkey mixture on the lower third of each tortilla, leaving a 2-inch border on either side. Top with the cheese and the beans. Fold in the sides, then roll up tightly.
 ► Heat a large skillet or griddle over medium-high. Spray the burritos with cooking spray; place in the skillet, seam side down, and cook until crispy and browned, about 2 minutes per side. Cut in half.

GET YOUR SPICES ONLINE!
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Three-Cheese Pasta with Brussels Sprouts & Sage Breadcrumbs

SERVES 4 to 6

2 cups milk
1 tbsp. olive oil
5 tbsp. butter
2 large shallots, finely chopped
2 large cloves garlic, finely chopped
2 tbsp. flour
1/2 cup chicken stock
12 sage leaves
1/2 cup breadcrumbs
6- to 8-oz. piece
Gorgonzola dolce
1 cup shredded Fontina
Val d'Aosta or Gruyère
About 1 cup (loosely packed) grated
Grana Padano or
Parmigiano-Reggiano
A little freshly grated
or ground nutmeg
Finely ground white
or black pepper
Salt
1 lb. penne or other
short cut pasta
1 pt. large Brussels
sprouts, trimmed and
leaves separated

► Bring a large pot of water to a boil for the Brussels sprouts and pasta.
► In a small saucepan, heat the milk over medium until hot, 3 to 4 minutes. In a large saucepan, heat the oil, one turn of the pan. Add 2 tbsp. butter and stir until melted. Add the shallots and garlic and cook, swirling the pan, until the vegetables are aromatic, 1 to 2 minutes. Sprinkle the flour over and stir to blend, about 1 minute. Add the stock, then the

hot milk. Reduce the heat to medium-low and simmer, stirring occasionally, until the sauce thickens, about 5 minutes.

► While the sauce simmers, in a small skillet, melt the remaining 3 tbsp. butter over medium. When the butter foams, add the sage and cook until browned and crispy, about 2 minutes; transfer to paper towels. Add the breadcrumbs to the brown butter in the skillet and cook, stirring often, until golden brown, about 3 minutes.

► Stir the three cheeses into the sauce; reduce the heat to low and season with nutmeg and pepper.
► Salt the boiling water, add the pasta and cook to almost al dente. Add the Brussels sprouts and cook until the pasta is al dente and the Brussels sprouts are wilted, 1 to 2 minutes more. Reserve $\frac{1}{2}$ cup starchy cooking water, drain the pasta and sprouts and return to the pot. Add the cheese sauce and reserved cooking water; toss to coat and season, adding more cheese if desired. Divide among shallow bowls. Top with the breadcrumbs and sage.





Louisiana-Style Meat Loaves and Mashed Potatoes SERVES 4

This spice blend is a little play on the Creole and Cajun holy trinity of seasoning: onion, celery and bell pepper.

TRINITY CAJUN SEASONING

- 1 tsp. celery seed
- 2 tsp. granulated onion
- 1 tbsp. paprika
- 1 tsp. granulated garlic
- 1/2-1 tsp. cayenne

MASHED POTATOES

- 5 medium russet potatoes (about 2 lbs.), peeled and cut into large pieces
- Salt
- 3 oz. (6 tbsp.) cream cheese, cut into small pieces, at room temperature
- 1/2-1 cup milk or chicken stock
- Pepper

MEAT LOAVES

- 1 tbsp. canola oil
- 1 small onion, finely chopped
- 1 poblano or small green bell pepper, seeded and finely chopped
- 1 rib celery with leafy tops, finely chopped
- 2 tbsp. fresh thyme leaves, chopped

- 4 cloves garlic, chopped
- Kosher salt and pepper

1/2 cup light lager or chicken stock

About 3/4 cup breadcrumbs

1 lb. ground beef

1 tbsp. hot sauce, preferably Frank's RedHot or Crystal

1 tbsp. Worcestershire sauce

1/2 lb. andouille sausage, cut into 1-inch pieces

1 large egg

1 cup chili sauce, preferably Heinz

► Preheat the oven to 425°. In a bowl, mix the ingredients for the Trinity Cajun Seasoning.

► In a large pot, cover the potatoes with about 2 inches of water. Bring to a boil, salt the water and cook until just tender, 12 to 15 minutes. Drain; return to the pot. Mash in the cream cheese and milk. Season with some of the Trinity Cajun Seasoning and salt and pepper. Cover; keep warm.

► While the potatoes are coming to a boil, heat

a large skillet over medium-high. Add the oil, one turn of the pan. Add the onion, pepper, celery, thyme and garlic; season with some of the Trinity Cajun Seasoning and kosher salt and pepper. Cook, stirring often, until softened, 3 to 5 minutes. Add the beer; cook, stirring often, until absorbed. Transfer to a bowl and mix in the breadcrumbs; let cool.

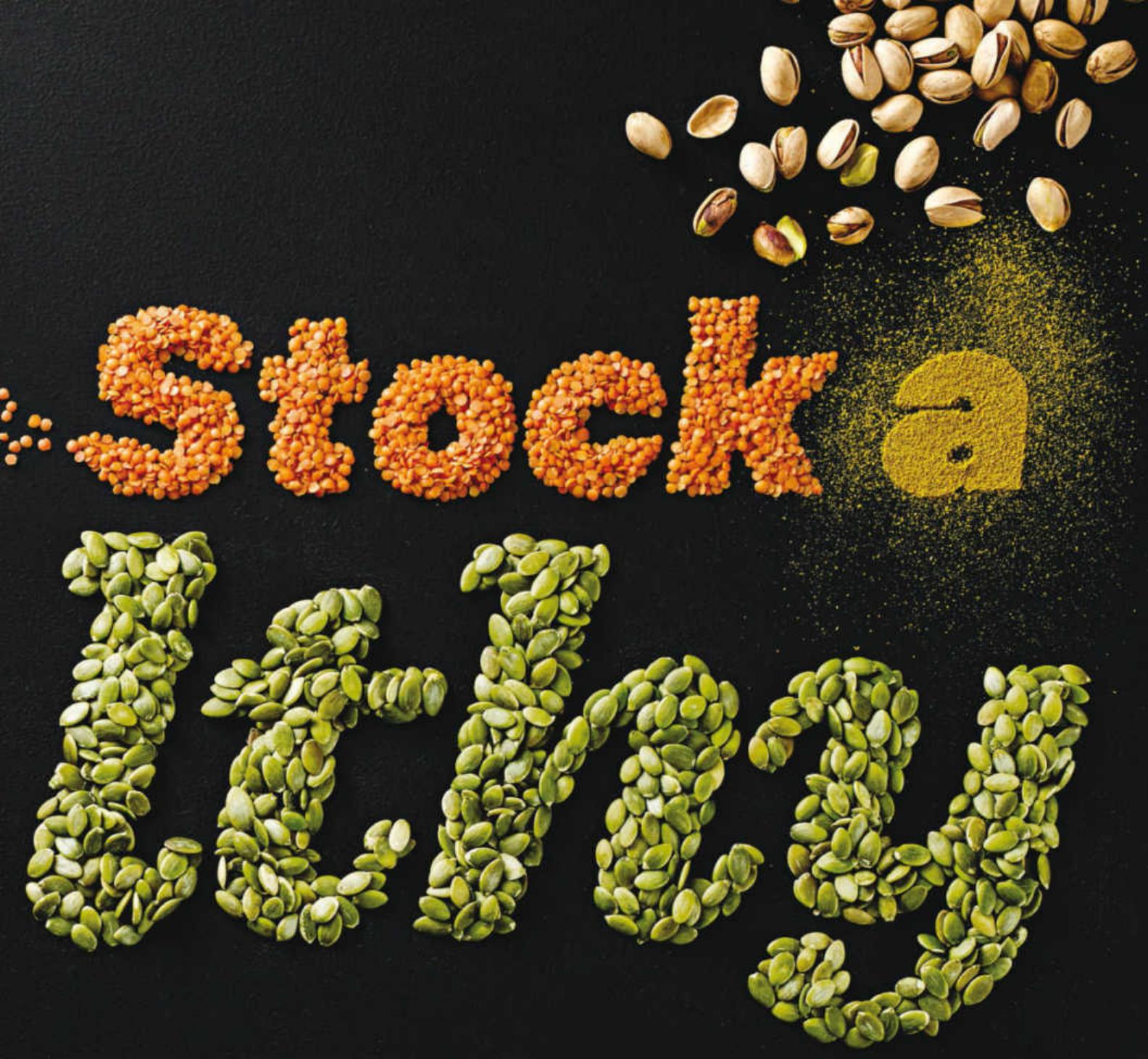
► In a large bowl, mix the beef, hot sauce and Worcestershire; season. In a food processor, pulse the sausage until finely chopped; add to the beef mixture. Mix in the breadcrumb mixture and the egg. On a parchment-lined or nonstick baking sheet, form 4 individual oval meat loaves, each about 1 1/2 inches thick. Brush with the chili sauce. Bake until cooked through, about 15 minutes. Serve with the mashed potatoes.





100%
pantry





*A quick, easy, good-for-you dinner is as close as
your cabinet. With the right staples on hand, all you
need to do is pick up one or two fresh ingredients
(hello, express lane!). Think of it as having stock options!*

By Alexa Weibel • *Photography by Travis Rathbone*
Food styling by Brett Kurzweil • *Prop styling by Sarah Guido-Laakso*



CANNED AND DRIED BEANS

Fiber-packed beans are one of the leanest (and cheapest) sources of protein around. Heat canned beans with oil and herbs for an almost-instant side, or use them to bulk up soups, stews and pastas without adding meat.



Herbed Steak with White Bean Puree

SERVES 4 PREP 10 min COOK 25 min

STOCK IT!

9 tbsp. olive oil
1 tbsp. white wine vinegar
1½ tsp. herbes de Provence
5 cloves garlic, minced
3 shallots, minced
2 cans (14 to 15.5 oz. each) cannellini beans, rinsed
¾ cup low-sodium chicken stock
¼ tsp. dried oregano

1. In a blender, puree 6 tbsp. oil, the vinegar, herbes de Provence and half the garlic. Rub 2 tbsp. of the mixture on the steaks. Transfer the remaining mixture to a small bowl. Stir in the parsley; season with salt and pepper. **2.** In a medium saucepan, heat the remaining 3 tbsp. oil over medium-low. Add the shallots and remaining garlic. Cook, stirring often, until soft, about 5 minutes. Add the beans, stock and

SHOP IT!

2 1-inch-thick strip steaks (12 oz. each)
3 tbsp. plus 1½ tsp. minced parsley

Cannellini beans (and other varieties) help prevent heart disease by controlling diabetes, high blood pressure and high cholesterol.

oregano. Simmer over medium-high until the liquid reduces slightly, about 3 minutes. Transfer to a blender and puree; season. **3.** Preheat a grill pan or skillet over medium-high. Season the steaks and cook, 6 to 7 minutes per side for medium-rare. Let rest 5 minutes, then thinly slice. Divide the bean puree and steak among plates; drizzle the meat with the parsley mixture.

Curried Red Lentil Soup

SERVES 4 PREP 10 min COOK 30 min

STOCK IT!

3 tbsp. EVOO, plus more for drizzling
1 large red onion, minced
4 cloves garlic, minced
2½ tsp. curry powder
2 tsp. ground cumin

1. In a large pot, heat 2 tbsp. oil over medium. Add the onion, garlic and spices. Season with salt and pepper and cook, stirring, until softened, about 5 minutes. Add the tomato paste and cook, stirring constantly, until the tomato paste darkens, about 2 minutes. Stir in the lentils and then the stock; bring to a boil. Reduce the heat to medium-low and simmer, stirring occasionally, until the lentils are soft and begin to fall apart, about 20 minutes. **2.** Meanwhile, in a small bowl, mix the apple, cilantro and 1 tbsp. oil; season. **3.** In a blender, puree half the soup. Return to the pot; stir in the coconut milk; season. Drizzle each serving with oil and top with the apple mixture.

SHOP IT!

1 Granny Smith apple, cored then finely diced
¼ cup minced cilantro

High-fiber, high-protein lentils may decrease your risk for diabetes, heart disease and obesity—and they're a good source of vitamin C.





CANNED OR JARRED FISH

Tuna, salmon and anchovies make for protein-rich pasta sauces, salads or toasts.

PANTRY PRODUCE

Best kept at room temperature, onions, garlic and shallots are the building blocks of flavor—and they also help fight cancer and other diseases.

Pasta alla Norma

SERVES 4 PREP 10 min COOK 45 min

STOCK IT!

1/2 cup plus 2 tbsp. EVOO, plus more for drizzling
12 oz. whole-wheat rigatoni
1 large red onion, chopped
3 anchovies in oil, drained
5 cloves garlic, chopped
1 1/2 tsp. dried oregano
3/4 tsp. dried Italian seasoning
1/4 tsp. crushed red pepper
1 can (28 oz.) whole plum tomatoes and their juices

1. In a large skillet, heat $\frac{1}{4}$ cup oil over medium-high. Add half the eggplant; cook, stirring often, until browned, 8 minutes. Transfer to a bowl. Repeat with $\frac{1}{4}$ cup oil and the remaining eggplant; season with salt and pepper.
2. Bring a large pot of water to a boil. Salt the water; cook pasta to al dente. Reserve 1 cup cooking water; drain.
3. In the skillet, heat 2 tbsp. oil over medium. Add the

SHOP IT!

2 lbs. medium eggplant, cut into 1-inch cubes
Finely grated ricotta salata (optional) and torn fresh basil

High blood levels of omega-3 fatty acids—found in anchovies and other fatty fish—were associated with a longer life span in a Harvard study of adults over 65.

onion, anchovies, garlic and the spices; cook, stirring often, until tender, about 8 minutes. Add tomatoes and $\frac{1}{2}$ cup pasta cooking water. Simmer, breaking up the tomatoes with a wooden spoon, until flavors meld, 15 minutes. Add more pasta water if too thick. Stir in the eggplant and pasta.

4. Drizzle each serving with oil and top with ricotta salata, if using, and basil.



Pork Chops with Cherry-Balsamic Sauce

SERVES 4 PREP 10 min COOK 40 min

STOCK IT!

2 tbsp. canola oil
1 1/2 cups low-sodium chicken stock
4 cloves garlic, thinly sliced
1 large shallot, minced
1/2 cup red wine
1 tsp. balsamic vinegar
1/2 tsp. dried thyme
1/8 tsp. ground allspice
1/4 cup cherry preserves

1. In a large skillet, heat the oil over medium-high. Pat chops dry, season with salt and pepper and cook until browned, 4 minutes per side. Transfer to a plate; pour off the drippings.
2. In the skillet, cook the collard greens with 1 cup stock and the garlic over medium until tender, 10 to 15 minutes. Season; transfer to a bowl.
3. In the skillet, melt 3 tbsp. butter over medium. Add the shallot and cook, stirring often, until tender, 3 minutes. Add $\frac{1}{2}$ cup stock, the wine, vinegar, thyme and allspice. Cook over medium-high, 5 minutes. Add the preserves and simmer 5 minutes. Stir in the remaining 2 tbsp. butter; season.
4. Divide the collards and pork chops among plates and top the chops with the cherry sauce.

SHOP IT!

4 bone-in pork chops (8 oz. each)
2 lbs. collard greens, stemmed and chopped
5 tbsp. butter

Garlic has been linked to a reduced risk of breast, stomach, pancreatic and other cancers. It also improves digestion and revs up your metabolism, helping burn calories.





NUTS AND SEEDS

Nuts make everything tastier and healthier, so sprinkle them into salads, sides, breading and more. And don't fret about the fat: Most of it's the healthy unsaturated kind.



Pistachio-Crusted Cod with Mixed Greens & Quick-Pickled Shallots

SERVES 4 PREP 15 min COOK 10 min

STOCK IT!

- 4 tbsp. EVOO
- 3 tsp. red wine vinegar
- 1/2 tsp. Italian seasoning
- 1 shallot, halved and thinly sliced lengthwise
- 1/2 cup chopped pistachios
- 1/3 cup panko
- 1/2 tsp. ground fennel seeds

1. Preheat the oven to 425°. In a large bowl, whisk 2 tbsp. oil, the vinegar and Italian seasoning. Add the shallot, toss to coat and season with salt and pepper.
2. In a small bowl, toss the pistachios, panko, fennel and 1 tbsp. oil; season. Place the fish on a foil-lined baking sheet. Brush with the remaining 1 tbsp. oil;

SHOP IT!

- 4 skinless cod fillets (about 5 oz. each)
- 6 oz. mixed greens

Pistachios are rich in fiber and protein and have been shown to lower cholesterol and reduce risk factors for heart disease.



Barley & Brussels Sprouts Risotto

SERVES 4 PREP 10 min COOK 50 min

STOCK IT!

- 5 tbsp. EVOO, plus more for drizzling
- 3 shallots, minced
- 5 cloves garlic, minced
- 1 cup pearled barley
- 3/4 tsp. ground sage
- 3 1/2 cups vegetable or low-sodium chicken stock, warmed
- 1/2 tsp. white wine vinegar

SHOP IT!

- 3/4 lb. small Brussels sprouts, halved
- 1/2 cup grated Parmesan

Just 1/4 cup pearled barley (the amount in one serving) provides 8 grams of dietary fiber—a third of your suggested daily intake!

1. In a large saucepan, heat 3 tbsp. oil over medium. Add the shallots and garlic and cook, stirring occasionally, until softened, about 3 minutes. Stir in the barley and sage; add the stock and bring to a boil. Cover; reduce heat to low. Cook, stirring occasionally, until the barley is tender, about 40 minutes. Uncover and cook until the liquid is almost absorbed and the sauce is creamy, 3 to 5 minutes.
2. Meanwhile, in a large skillet, heat the remaining 2 tbsp. oil over medium-high. Add the Brussels sprouts, season with salt and pepper and cook, stirring occasionally, until browned and tender, 6 to 8 minutes.
3. Stir the vinegar, half the Brussels sprouts and half the cheese into the risotto; season. Divide among plates. Drizzle with oil and top with the remaining Brussels sprouts and cheese.





WHOLE GRAINS

Hearty whole grains like quinoa and farro add unique texture to your cooking—and can lower the risk of heart disease, stroke and diabetes.

SPICES AND DRIED HERBS

Spices wake up even the most basic weeknight supper. Healthy bonus: Because they're dehydrated, dried herbs and spices have concentrated amounts of antioxidants.



Sesame Soba Noodle Soup

SERVES 4 PREP 10 min COOK 10 min

STOCK IT!

- 6 tbsp. toasted sesame oil
- 6 cloves garlic, sliced
- 8 cups low-sodium chicken stock
- 2 tbsp. ponzu sauce
- 1 tbsp. soy sauce
- 2 tsp. jarred minced ginger
- 1/2 tsp. crushed red pepper
- 3 star anise pods
- 6 oz. soba noodles
- 2 tbsp. sesame seeds

- In a large pot, heat 2 tbsp. sesame oil over medium. Add the garlic; cook, stirring often, until softened, about 2 minutes. Add the stock, ponzu sauce, soy sauce, ginger, crushed red pepper and star anise; bring to a boil.
- Reduce the heat to medium-low and stir in the

SHOP IT!

- 1 lb. baby bok choy, trimmed
- 1 large carrot, shredded

Soba noodles are made from buckwheat, a grain that's high in protein and soluble fiber, which helps balance blood-sugar levels and provides energy for the brain and central nervous system.

- soba noodles and bok choy. Cook until the noodles are tender, 3 to 4 minutes.
- Discard the star anise pods and divide the soup among bowls. Drizzle each serving with 1 tbsp. sesame oil. Top with the shredded carrot and sesame seeds.



Scallops with Hazelnut Romesco & Green Beans

SERVES 4 PREP 15 min COOK 10 min

STOCK IT!

- 1 jar (12 oz.) roasted red peppers, drained and chopped
- 6 tbsp. olive oil
- 1/3 cup toasted hazelnuts, chopped
- 2 tsp. tomato paste
- 1 tsp. red wine vinegar
- 1 small clove garlic, minced
- 1/2 tsp. smoked paprika
- 1 large shallot, chopped

Just a sprinkle of antioxidant-rich paprika imparts vitamins A, C and E.

- In a food processor, pulse the peppers, 3 tbsp. oil, the hazelnuts, tomato paste, vinegar, garlic and paprika to a coarse puree. Season with salt and pepper.
- In a large pot of boiling, salted water, cook the green beans until bright green, 2 to 3 minutes; transfer to a large bowl of ice water. Let cool, then drain and pat dry.
- In a large nonstick skillet, heat 1 tbsp. oil over medium-high. Season the scallops and cook until golden, about 2 minutes. Turn; cook until just opaque in the center, about 1 minute. Divide among plates. Top with the romesco and serve with beans.





CANNED AND JARRED VEGETABLES

These veggies are eternally in season! Brighten up your supper (and bolster it with lots of vitamins and minerals) by opening a jar or a can.

Roasted Black-Olive Chicken and Potatoes

SERVES 4 PREP 10 min COOK 40 min

STOCK IT!

- 1 tbsp. plus 1½ tsp. olive tapenade
- 4 tbsp. olive oil
- ½ lbs. red potatoes, cut into 1-inch pieces
- 6 small shallots, halved lengthwise
- 8 cloves garlic, smashed
- ½ tsp. poultry seasoning

1. Preheat the oven to 425°. In a small bowl, whisk the tapenade with 3 tbsp. oil.
2. In a cast-iron skillet, heat the remaining 1 tbsp. oil over medium-high. Season the chicken with salt and pepper. Cook, skin side down, until golden, 8 minutes. Transfer to a plate; pour off all but 3 tbsp. skillet drippings.
3. In the skillet, add the potatoes, shallots, garlic and poultry seasoning; season. Cook over medium-high,

SHOP IT!

- 4 bone-in, skin-on chicken thighs (2 lbs. total)

An olive-based, flavor-packed spread, tapenade is full of nutritional darlings like olives, capers, anchovies and heart-healthy olive oil.

stirring often, until the potatoes start to brown, about 5 minutes. Arrange the chicken on top, skin side up. Brush the chicken with half the tapenade mixture. 4. Transfer to the oven and roast, brushing the chicken with the remaining tapenade mixture halfway through, until the chicken is cooked through and the potatoes are tender, 20 to 25 minutes. Divide among plates; drizzle with the skillet juices.



Lamb, Tomato & Chickpea Stew

SERVES 4 PREP 5 min COOK 30 min

STOCK IT!

- 1 cup basmati rice
- 3 tbsp. olive oil
- 1 large red onion, chopped
- 3 cloves garlic, chopped
- 1 tbsp. ground cumin
- 1 tsp. crushed red pepper
- 1–2 tbsp. harissa sauce
- 2 cans (14.5 oz. each) diced tomatoes with juices
- ½ cup low-sodium chicken stock
- 1 can (15 oz.) chickpeas, rinsed

1. Cook the rice according to package directions.
2. In a large pot, heat 2 tbsp. oil over medium-high. Add the lamb and season with salt and pepper. Cook, breaking up the lamb with a spoon, until browned, about 5 minutes. Transfer to a plate.
3. In the pot, heat the remaining 1 tbsp. oil over medium. Cook the onion,

SHOP IT!

- ¾ lb. ground lamb
- 5 oz. baby spinach

Canned tomatoes are a great source of lycopene, a compound that can help prevent cancers and stroke. It's absorbed more readily when combined with fat, like olive oil, and heated.

garlic, spices and harissa, stirring, until onion is tender, 8 minutes; season. Add the tomatoes and stock and cook over medium-high until the sauce thickens, 10 minutes.

4. Off heat, stir in the lamb, chickpeas and spinach until spinach wilts; season. Serve rice topped with the stew.

WHAT THE HECK IS HARISSA?
PAGE 101





OILS AND CONDIMENTS
One key to healthy, delicious dinners is condiments! Add a bright dash of vinegar, a savory splash of soy or a sweet squirt of honey. And olive oil is its own health star: Eating as little as 2 tbsp. a day helps reduce the risk of heart disease.



YOUR HEALTHY PANTRY SHOPPING LIST

Ready to stock up? Shop from this list of healthy picks within each category. You don't need to buy them all: Customize your list to match your taste and your style of cooking. Prefer pecans to walnuts or kidney beans over cannellini beans? Go for it. It's all good!

OILS, VINEGARS & CONDIMENTS

- Canola oil, vegetable oil or other neutral oils for high-heat cooking (like searing steak)
- Extra-virgin olive oil (an essential for salad dressing and as a finishing drizzle)
- Olive oil (for cooking)
- Sesame oil (a potent flavor booster that's great for cooking and finishing)
- Balsamic vinegar
- Red wine vinegar
- White vinegar (white wine vinegar, Champagne vinegar, etc.)
- Fruit preserves
- Honey
- Hot sauces (chili sauce, sriracha, harissa, etc.)
- Jarred minced ginger
- Light coconut milk
- Low-sodium chicken stock
- Ponzu sauce
- Red wine
- Soy sauce

CANNED OR JARRED FISH

- Anchovies
- Sardines
- Tuna
- Wild-caught salmon

PANTRY PRODUCE

- Garlic
- Onions (red, white and/or yellow)
- Potatoes
- Shallots

CANNED AND JARRED FRUITS & VEGETABLES

- Artichokes
- Carrots
- Olive tapenade
- Pumpkin
- Roasted red bell peppers
- Tomatoes (whole, diced, tomato paste, etc.)

NUTS & SEEDS

- Almonds
- Hazelnuts
- Pistachios
- Walnuts
- Chia seeds
- Flax seeds
- Pumpkin seeds
- Sesame seeds

DRIED FRUIT

- Apricots
- Cranberries
- Raisins

GRAINS, RICE & PASTA

- Pearled barley
- Panko
- Quinoa
- Soba noodles
- Basmati rice
- Brown rice
- Whole-wheat pasta

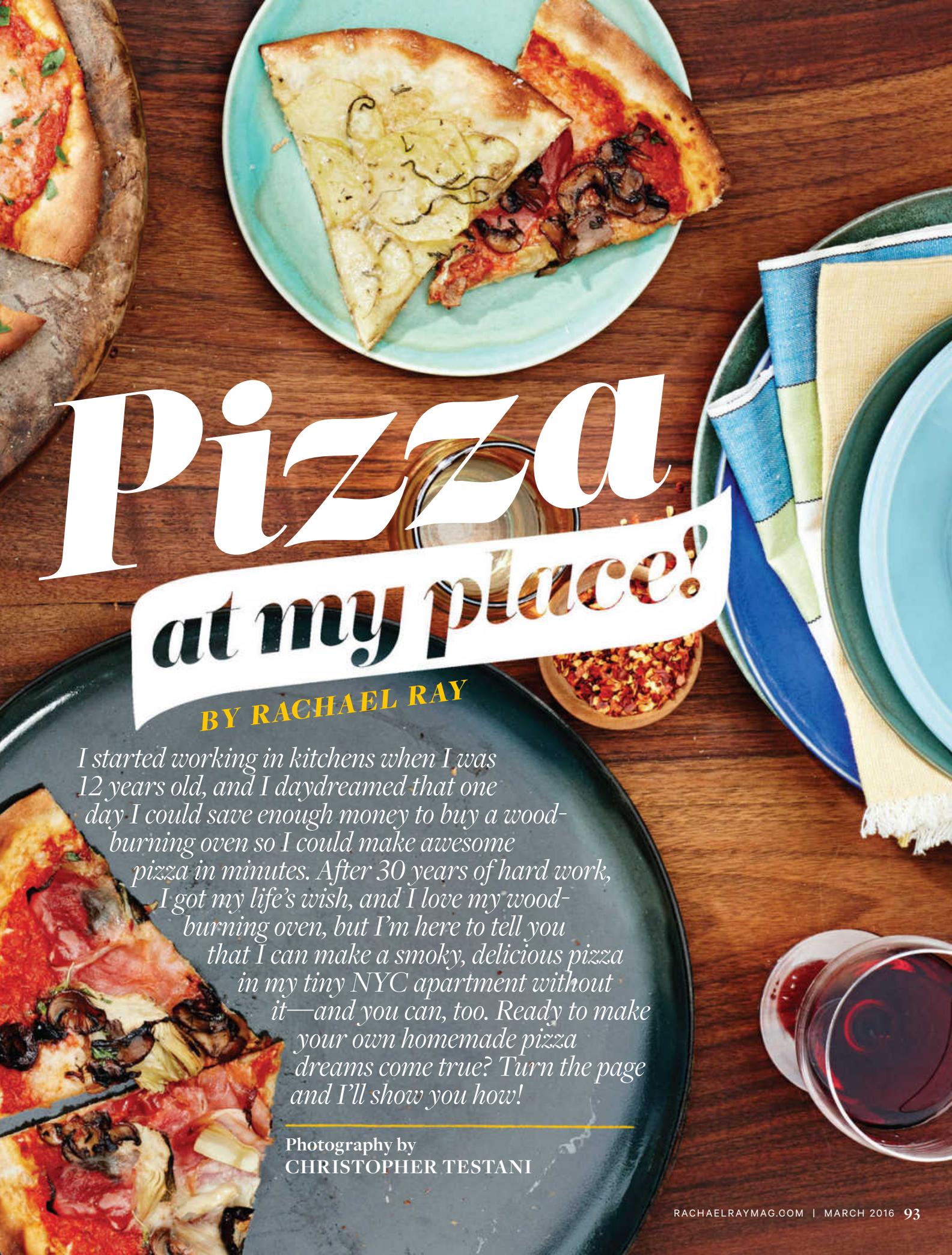
SPICES & DRIED HERBS

- Crushed red pepper
- Cumin
- Curry powder
- Ground allspice
- Ground fennel seeds
- Ground sage
- Herbes de Provence
- Italian seasoning
- Oregano
- Poultry seasoning
- Smoked paprika
- Star anise pods
- Thyme

BEANS & LEGUMES

- Cannellini beans
- Chickpeas
- Kidney beans
- Red lentils
- Split peas





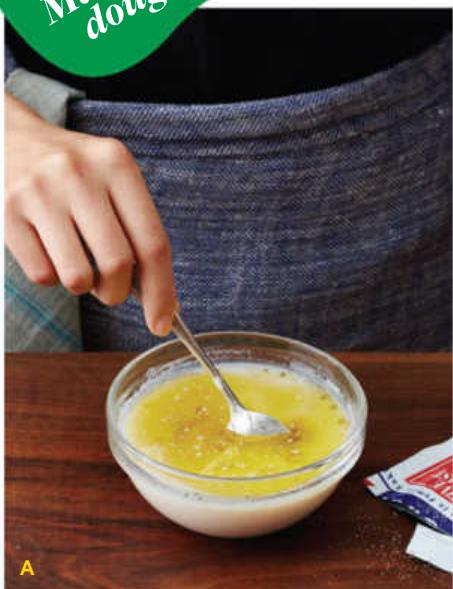
Pizza at my place!

BY RACHAEL RAY

I started working in kitchens when I was 12 years old, and I daydreamed that one day I could save enough money to buy a wood-burning oven so I could make awesome pizza in minutes. After 30 years of hard work, I got my life's wish, and I love my wood-burning oven, but I'm here to tell you that I can make a smoky, delicious pizza in my tiny NYC apartment without it—and you can, too. Ready to make your own homemade pizza dreams come true? Turn the page and I'll show you how!

Photography by
CHRISTOPHER TESTANI

Make the dough



ONE-HOUR DOUGH

MAKES 1 lb. (enough for four 10- to 12-inch individual pizzas)

This dough is so easy and quick that it has become a go-to in my house. I use half "00" flour (see *Flour Power*, right) and half all-purpose flour, which is perfect for making a thin, crispy pizza crust. If you like crust with crispy, bubbly bumps—which my husband, John, especially loves—this dough is for you.

1 envelope (about 2 1/4 tsp.) active dry yeast
3/4 cup warm water (105° to 115°)
2 tbsp. EVOO, plus more for the bowl
1 cup "00" flour, plus more for dusting
1 cup all-purpose flour

1 tsp. sugar

1 tsp. kosher salt

- In a small bowl, stir the yeast, warm water and 2 tbsp. EVOO [A]; let stand until the yeast dissolves, about 5 minutes.
- In a food processor fitted with the plastic dough blade, pulse the flours, sugar and salt a few times [B]. With the machine running, stream in the yeast mixture to form a sticky dough. Turn the dough out onto a "00"-floured surface; knead just until smooth [C], a minute or so. Oil a large bowl, put the dough in the bowl, cover with a kitchen towel and let rise 1 hour [D].

► Using a bench scraper, cut the dough into 4 pieces [E]. Knead each piece a few turns on a "00"-floured surface, then roll out to 10- to 12-inch rounds [F]. Place on a "00"-floured peel for topping. (If you want to make the dough ahead, wrap and refrigerate or freeze the 4 pieces of dough. Thaw the frozen dough in the refrigerator overnight, or let the refrigerated dough come to room temp for 40 to 45 minutes before using.)

FLOUR POWER

"00" flour, also called "tipo 00," is a very finely milled Italian flour that is favored for making pizza dough. Very fine flour like this tends to need a little less liquid to hydrate it, so if you substitute all-purpose flour for "00" flour, you might have to use a little more water. Look for "00" flour at Italian markets and specialty foods stores.



THE LAYERED LOOK

This recipe has a little something for every taste or mood, all on one pizza: mushrooms, artichokes, ham and olives. You can build this pie two different ways. Scatter the toppings evenly on the pizza or section them into four quadrants: plain cheese and basil; ham; mushroom; and artichoke and olive. The Marsala Mushrooms are a favorite snack or starter—and also make a great pizza topping.

CAPRICCIOSA PIZZA SERVES 1

1 ball One-Hour Dough (see recipe, page 94)

Flour, for dusting

Fine semolina or cornmeal, for dusting the peel

1/3 cup Naples Pizza Sauce (see recipe, page 97)

1/4 lb. fresh mozzarella, thinly sliced

A few fresh basil leaves, torn

EVOO, for drizzling

4 thin slices prosciutto cotto (cooked ham)

1/3 cup Marsala Mushrooms (see recipe, right)

1/3 cup sliced artichoke hearts

A small handful olives, oil-cured or another variety, pitted and roughly chopped

► Make the dough. At least an hour before you're ready to bake the pizzas, place a pizza stone in your oven and preheat the oven as high as it will go (around 550°).

► On a floured surface, roll the dough to a 10- to 12-inch round and transfer to a semolina-dusted pizza peel. Using the back of a spoon, slather the pizza sauce on the dough in a thin layer, leaving a 1-inch border. Top with the mozzarella and basil. If you're combining the toppings, sprinkle them over the dough. If arranging in quadrants, drizzle one-quarter of the pie with EVOO. Top the next quadrant with the ham. Top the third quadrant with the mushrooms. In the fourth quadrant, arrange the artichokes and olives.

► Bake 5 to 6 minutes, then broil 1 to 2 minutes to char the edges.

MARSALA MUSHROOMS SERVES 6

1/4 cup olive oil

1 1/2 lbs. cremini mushrooms or a mix of your favorite fresh mushrooms, sliced

Salt and pepper

3 tbsp. fresh thyme leaves, chopped

4 cloves garlic, smashed

1 cup marsala

3 tbsp. butter

A fat handful flat-leaf parsley tops, chopped

► Heat a large cast-iron skillet over medium-high. Add the oil, four turns of the pan. When the oil ripples, add the mushrooms. Cook, stirring often, until the mushrooms brown, about 10 minutes. Season with salt and pepper. Add the thyme and garlic; toss 1 to 2 minutes. Add the marsala; cook, stirring often, until the liquid reduces by about two-thirds, about 4 minutes. Add the butter to the pan and swirl until blended. Discard the garlic and stir in the parsley.

PIZZA MARGHERITA SERVES 1

1 ball One-Hour Dough
(see recipe, page 94)
Flour, for dusting
Fine semolina, for dusting the peel
 $\frac{1}{4}$ – $\frac{1}{3}$ cup Naples Pizza Sauce
(see recipe, facing page)
4 oz. fresh mozzarella (buffalo or
fior di latte), thinly sliced
A handful fresh basil leaves, torn
EVOO, for drizzling

► Make the dough. At least an hour before you're ready to bake the pizzas, place a pizza stone in your oven and preheat the oven as high as it will go (around 550°).

► On a floured surface, roll the dough to a 10- to 12-inch round and transfer to a semolina-dusted pizza peel. Using the back of a spoon, slather the pizza sauce on the dough, leaving a 1-inch border. Top with the mozzarella.

► Bake 5 to 6 minutes, then broil 1 to 2 minutes to char the edges. When you remove the pizza from the oven, top with basil and a few turns of EVOO.

FRESH IDEA

For even more tomato flavor, quarter cherry or grape tomatoes and sprinkle them on the pizza before baking.



Simmer
the sauce

NAPLES PIZZA SAUCE

MAKES About 2 cups

Simmering, which gives you a somewhat thicker sauce, is an optional step here. Many pizzaioli (pizza professionals) use the tomatoes straight from the can and hand-crush them or put them through a food mill.

1 can (28 to 32 oz.)
San Marzano tomatoes
(look for D.O.P. on the label)
1 tsp. kosher salt
EVOO

► Using your hands, crush the tomatoes into a small saucepan; add the juices from the can. Stir in the salt and a drizzle of EVOO. Simmer gently over medium, stirring occasionally, until the sauce thickens a bit, about 15 minutes. Let cool to room temperature.

Fire up
the oven

When we make pizzas in our pizza oven, John prepares the oven early in the day and by nightfall he has it up to 800° to 900°. To transform your home oven into a pizza oven, buy a large pizza stone (about \$40) and preheat it for at least an hour at the highest temperature you can set your oven to (probably around 550°). Pick up an inexpensive, short-handled wooden pizza peel (about \$15) to make sure you can get your pies safely onto and off that screaming-hot stone.

PIZZA SAUCE WITH BALSAMIC VINEGAR

MAKES About 2 cups

This sweet, tangy sauce is fantastic on pizzas topped with meat and/or mushrooms. It also makes a great dipper (let simmer a few minutes until warm) for garlic toast or bruschetta.

1 can (28 to 32 oz.) San Marzano tomatoes (look for D.O.P. on the label)
2 small cloves garlic, smashed
1 tbsp. EVOO
2 tsp. aged balsamic vinegar (the thicker and sweeter, the better)
1 tsp. fresh oregano leaves
A few fresh basil leaves
Salt and pepper

► In a food processor, puree the tomatoes, garlic, EVOO, vinegar, oregano and 2 basil leaves; season with salt and pepper. Transfer to a small saucepan and simmer gently over medium heat, stirring occasionally, until the sauce thickens a bit, about 15 minutes. Transfer to a bowl, let cool to room temperature and stir in a few torn fresh basil leaves.



CHEESY DOES IT

Fresh mozzarella is so buttery and delicate, but it can be a little wet on pizzas. To fix that, I remove the mozzarella from its container the day before I make the pizza, wrap it in paper towels, then let the cheese dry out a bit in the fridge overnight. It makes it easier to handle and slice or shred or dice (for any recipe, not just pizza). I use fior di latte (fresh cow's-milk mozzarella) on my pizzas. Look for it at Italian markets.

PERSONAL PIZZA

Here's my at-home version of the Soppressata Piccante pizza that's served at Motorino in NYC. I always ask for a side of flat-leaf parsley and red onions when I order it, so I added it to my recipe.



HOT SOPPRESSATA PIZZA SERVES 1

1 ball One-Hour Dough (see recipe, page 94)

Flour, for dusting

Fine semolina or cornmeal, for dusting the peel

1/3 cup Pizza Sauce with Balsamic Vinegar (see recipe, page 97)

1/4 lb. fresh mozzarella, sliced

2-3 tbsp. freshly grated pecorino

6-8 slices hot soppressata

Thinly sliced red onion

Coarsely chopped fresh flat-leaf parsley tops

► Make the dough. At least an hour before you're ready to bake the pizzas, place a pizza stone in your oven and preheat the oven as high as it will go (around 550°).

► On a floured surface, roll the dough to a 10- to 12-inch round and transfer to a semolina-dusted pizza peel. Using the back of a spoon, slather the pizza sauce on the dough in a thin layer, leaving a 1-inch border. Cover the sauce with the mozzarella, pecorino and soppressata.

► Bake 5 to 6 minutes, then broil 1 to 2 minutes to char the edges. When you remove the pizza from the oven, top with the red onion and parsley.



PIZZA WITH ROASTED GARLIC, POTATO, SAGE, FONTINA & TRUFFLE SERVES 1

1 head garlic, top cut off to expose the cloves
3 tbsp. EVOO, plus more for drizzling
Salt and pepper
1 ball One-Hour Dough (see recipe, page 94)
Flour, for dusting
Fine semolina or cornmeal, for dusting the peel
2 or 3 baby potatoes, thinly sliced with a mandoline
5 or 6 fresh sage leaves, thinly sliced
1/4 lb. fontina, preferably Fontina Val d'Aosta, shredded
3 tbsp. freshly grated Parmigiano-Reggiano
Real truffle oil, or freshly shaved truffles, when in season

► Preheat the oven to 400°. Place the garlic on a sheet of foil; drizzle with some EVOO and season with salt and pepper. Wrap the garlic in the foil and roast until tender and caramel in color, about 40 minutes. When cool enough to handle, squeeze the roasted garlic from the skins and smash into a paste with the flat side of your knife. In a small bowl, combine the garlic paste with 3 tbsp. EVOO.

► Make the dough. At least an hour before you're ready to bake the pizzas, place a pizza stone in your oven and preheat the oven as high as it will go (around 550°).

► On a floured surface, roll the dough to a 10- to 12-inch round and transfer to a semolina-dusted pizza peel.

Slather the roasted garlic paste evenly on the dough, top with a thin layer of potatoes and season with salt and pepper. Scatter with the sage and sprinkle with the fontina and Parm.

► Bake 5 to 6 minutes, then broil 1 to 2 minutes to char the edges. When you remove the pizza from the oven, top with a little truffle oil (or EVOO and shaved truffles).

MAMMA MIA!

This pizza is a version of my mom's favorite. The combo of earthy sage, rich fontina and thinly sliced potatoes is really delicious! Instead of tomato sauce, I mix roasted garlic with EVOO and slather it on the dough.

There's love
IN EVERY LAYER



STRAWBERRY WHITE CHOCOLATE TRIFLE



Prep: 30 min. | Serves: 14-16

Trifle Ingredients:

2 (21 oz.) cans **Lucky Leaf® Premium Strawberry Fruit Filling & Topping**, divided
20-25 sugar cookies, broken
1 batch white chocolate mousse (see below)
1 (8 oz.) tub whipped topping

White Chocolate Mousse Ingredients:

2 cups heavy whipping cream
4 Tbsp. sugar
1 (8 oz.) block of cream cheese, softened
6 oz. white baking chocolate, melted

To make mousse, beat cream in a bowl until it thickens.

Gradually add sugar, beating until stiff peaks form. Set aside. In another bowl, beat cream cheese until fluffy. Add chocolate and beat until smooth. Fold in whipped cream mixture.

Assemble trifle by layering **Lucky Leaf® Premium Strawberry Fruit Filling & Topping**, broken sugar cookies, white chocolate mousse, and whipped topping in a trifle bowl. Top with dollops of whipped cream. Refrigerate until ready to serve.

For more recipes that'll get you noticed, visit

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scratchpad

TRICKS OF THE TRADE

Makin' bacon

There's no single correct way to cook bacon, but different methods suit different porky preferences. Choose from these four techniques to make your strips sizzle.

LEAST MESSY

"I cook my bacon in the oven on a foil-lined baking sheet at 400° for 15 to 20 minutes. The results are foolproof—and the foil catches the drippings. After it's done, I let the fat cool until it's firm, then I fold up the foil and toss it. No scrubbing required!"

—**Gabriella Gershenson, food features editor**

FASTEST

"Need bacon fast? Microwave it! Sandwich a single layer of bacon between double layers of paper towels. Microwave on high until it's crispy, which takes 4 to 6 minutes."

—**Janet Taylor McCracken, test kitchen director**

CRISPIEST

"Bake your bacon on a wire rack set inside a baking sheet at 425° for 12 to 15 minutes. This setup lets the fat drip off, creating the crunchiest strips imaginable. Plus, it's an easy way to cook a large batch all at once—and there's no such thing as too much bacon." —**Alexa Weibel, food editor**

PORKIEST

"I cook bacon in a skillet over medium-low for about 12 minutes, which gives me tasty bacon and lots of delicious drippings to use for frying eggs or roasting veggies. Fat chance I'd waste any bacon flavor!" —**Cecily McAndrews, food editor**

CONDIMENT CORNER

Hot new thing: harissa

Growing tired of your go-to hot sauce? Find a new way to spice things up in the kitchen with harissa, a fiery North African and Middle Eastern red-chile paste. What makes harissa so cool is that it's not just about the heat. Ingredients vary by brand, but the chiles are often blended with garlic, cumin, coriander and caraway, which adds a layer of flavor you won't find in your standard hot sauce. Pick up a jar in the international foods aisle of the supermarket or at a Middle Eastern market, then get creative. Stir it into stews or soups, toss it with roasted veggies or punch up your brunch by adding a spoonful to a pitcher of Bloody Marys.



LAMB, TOMATO & CHICKPEA STEW
FROM PAGE 90



KITCHEN COACH

Piecrust cover-up!

CHICKEN & KALE
POT PIE
FROM PAGE 67

“Over the years, I’ve tried many methods for protecting my piecrust edges. My grandma taught me to fold a piece of foil in quarters and cut out a rounded wedge. When you open the foil, there’s a circle that, when placed over your pie, covers the crust edges: effective, but it takes time and requires hunting for scissors. I’ve also tried wrapping strips of foil around the piecrust, but a piece or two usually tumbles off. Now I know there’s a better way: Put a sheet or two of foil on a baking sheet (make sure the foil is longer than your pie plate). Set your pie on top and put it in the oven. When you spy those edges getting too brown, lift the foil up and over the crust. Easy as... pie!” —NINA ELDER, EXECUTIVE FOOD EDITOR

THE SECRET WEAPONS OF THE MODERN HOUSEHOLD



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QUINOA &
BERRY BOWL
FROM PAGE 28

RISE & DINE

Breakfast bowl builder

Why should oatmeal have all the fun? Wake up your morning with new-to-you grains and these cool combos.

BASE	BARLEY + PEACH JAM AND SOUR CREAM +SLICED TOASTED ALMONDS AND FRESH THYME =	FARRO + CRUMBED COOKED BREAKFAST SAUSAGE AND SAUTÉED ONION +CHOPPED FRESH ROSEMARY AND A FRIED EGG =	QUINOA + COCONUT YOGURT AND CHOPPED PINEAPPLE +FRESH MINT AND CRYSTALLIZED GINGER =
TOPPINGS	PEACHES & CREAM BOWL	SAUSAGE & EGG BOWL	MAUI MORNING BOWL

SHOP LIKE A PRO!

Virtual spice market

Rach buys spices online because they're often fresher, cheaper and more customizable than what you find at the store. See for yourself with some of her fave sources!

THE SPICE HOUSE (thespicehouse.com)

The Spice House grinds and blends its spices weekly for its online store, which offers more than 400 spices and seasonings, from aji amarillo to za'atar—and has earned a celeb following, including Rachael and Alton Brown.

PENZEYS SPICES (penzeys.com)

William Penzey, Jr., went to India for cumin and Madagascar for vanilla, among other travels, to find

the best sources for his shop. Rach turns to Penzeys for discounted bulk purchases, but you can get a discount on some spices when you buy as little as $\frac{1}{2}$ cup.

KALUSTYAN'S (kalustyans.com)

A one-stop shop for exotic spices and global ingredients, this New York City-based company is the go-to place for hard-to-find curries, chile powders and other Indian and Middle Eastern ingredients.



WHITE CHILI BURRITOS
FROM PAGE 81

A truly good thing anytime!



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TruMoo

*No significant difference has been shown between milk derived from cows treated with the artificial growth hormone rbST and non-rbST-treated cows.



Chrissy Teigen

Look at @chrissyteigen's Instagram feed and one thing is clear: The model, TV host and mama-to-be *loves* food! So it's no surprise she put her soul into her first cookbook, *Cravings*, out this season—or that she rocked one of Rach's recipes! BY LAURA MORGAN

So, what's your cooking cred?

Tell us how you'd rate your skills.

My abilities fall between throwing a dope dinner party for 20 people and running my own bed-and-breakfast.

What's your favorite meal?

I love dinner. Cooking it is all about relaxing and chopping and watching bad TV to take your mind off the day.

Any favorite ingredients?

Chiles, prosciutto, thick-cut bacon, heavy cream, garlic, rack of lamb, ribs, ribeye steaks. This could go on forever!



OK, then make this...

Pasta Carbonara with Corn & Chiles

1 lb. egg tagliatelle or egg fettuccine • 3 tbsp. olive oil • 1/4–1/3 lb. pancetta, finely diced • 4 ears corn, kernels scraped from the cob, or 1/2 to 2 cups thawed frozen corn kernels • 2 small Fresno or jalapeño chiles, seeded and finely chopped • 6 cloves garlic, finely chopped • 2 tbsp. chopped fresh thyme • 1/2 cup finely chopped flat-leaf parsley • 1/2 cup dry white wine • 3 extra-large organic egg yolks, beaten (reserve the egg whites for baking or breakfasts) • 1/2 cup each grated Parmigiano-Reggiano and Pecorino Romano • a handful of chives, snipped into 1-inch pieces

► Bring a large pot of water to a boil. Salt the water, add the pasta and cook to al dente. Drain the pasta, reserving 1 cup of the starchy pasta cooking water.

► Meanwhile, in a large skillet, heat the oil over medium-high. Add the pancetta; cook, stirring often, until brown, 3 minutes. Add the corn; cook until the edges

brown, 5 minutes. Add the chiles, garlic and thyme and stir 2 minutes. Add the parsley and wine; simmer over low heat.

► In a small bowl, beat the reserved pasta water into the egg yolks. ► Toss the pasta and egg yolks with the corn mixture in the skillet. Remove from the heat; toss with a handful of each cheese. Serve in shallow bowls; top with the chives and remaining cheese. Serves 4.

Well... how did it go?

"I would make it again! But next time, I might spice it up a bit more by keeping the seeds in the chiles!"





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